

INTERNATIONAL HOUSE OF TRUTH AND FREEDOM
SMYRNA-VININGS, GA, USA
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LIFTER UP OF MY HEAD

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1

All About the Lord

Psalm 3:3
But You, O Lord, are a shield for me, My glory and the One who lifts up my head.

David, a once strong man and king, wrote this psalm while fleeing from his son Absalom, who was leading a rebellion against him. Imagine the fear and shame as he saw everything around him collapsing. He needed God to remove the weight of grief, guilt, and fear, and allow him to look up with hope. He acknowledged God as the one who could restore honor and strength to him as he felt low. He remembered that God offers comfort, security, encouragement, inner strength and confidence in difficult circumstances or when life's burdens are too heavy. Our world today is full of uncertainties and disappointments. We need strength, security and confidence to carry on. There is only one person to turn to, someone to be our shield and lift our heads to continue to hope for a better future. We need God!

2

Acknowledge Him

Proverbs 3:6
6 In all your ways acknowledge Him, and He shall direct your paths.

Why do we need God when our heads droop as a result of the events in our lives? Why do we need Him when we feel exposed to evil and strife and feel dejected and defeated? How often do we come to a place where we bow down our heads and wonder how we get out of this situation? The Holy Spirit is standing before you and waiting to lift your head and assure you God is with you. God will always be Emmanuel. You just have to acknowledge He is the One who sees you in all your ways, the one who 'lifts your head' when it is drooping because of fear, disappointment, hopelessness, guilt, loss, loneliness, and unfulfilled desires. God offers you, through prayer, a shield and glory and will lift your head. Our compassionate God will be in control; just acknowledge Him and see. Amen!

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