



Since Valentines Day, Steve Hansen has provided "Deacon Donuts" in this spot of the church newsletter, and for many years Pastor Larry DeBruyn wrote a "Pastor to People" article for every publication. I thank God for these good men who preceded me. So, now that it's my turn to write I think I might call this column "Up Words." I hope my devotional thoughts will help you to look up and focus more intently on our God. I pray too that God's Word will lift your spirit

and you will be encouraged and brought up from any dilemmas, depression or doldrums. I would suggest Psalm 121:1-3 as somewhat of a theme or backdrop for upcoming articles.

Consider this Song of Ascents. "I will lift up my eyes to the mountains; from whence shall my help come? My help comes from the LORD, who made heaven and earth. He will not allow your foot to slip; He who keeps you will not slumber. "(Psalm 121:1-3 NAS.)

Can't you just sense the psalm-writer's anticipation? He is looking, straining to see his help coming. He can't see over the mountain and one might think that the mountain was blocking his view. Yet he has the right idea, he is looking up. He is lifting his weary head. He is looking above the earthly and sees his help coming from the Lord ... a Lord not hindered by hills! The anxious observer expects help from the Creator. After all, if He can create the heavens and earth can He not comfort earthlings? The weary one knows that the great Helper and Creator is also dependable. He notes and no doubt takes comfort in knowing that it is the Lord who stabilizes and watches over him at all times. This is something to celebrate. Such help inspires hope.

Over the years, our family has several times enjoyed trips to the Smokey Mountains. The majesty of the mountains was truly breathtaking. Only one thing was required for us to see the beauty that surrounded us. We had to look up. If we had focused on our hood ornament, Gatlinburg, Tennessee or Ashville, North Carolina would have looked no different than the flatlands of Indiana.

Are you stuck in a rut where all you can see is the rut? It's time for a change of focus. Look up! Did you notice when the psalmist saw his help? Not until he lifted up his eyes. The one requirement for beholding God's beauty and sensing God's assistance is simply that we look up. God help us to do that today.

Looking Up ...!

Pastor Chuck Circle