

Evening Lesson

UPS AND DOWNS

Jer. 9:1, 2; 20:7-9

INTRO:

1. Jeremiah wanted to quit. I have felt that before. Have you?
2. He was not complimentary of his people. **9:3-8**
3. He thought about going into the motel business. **9:2**
4. He said God had deceived him and God's word brought him insults and reproach.
5. How did he continue? **20:9**
6. Is it normal? What causes it?
7. Can I be up all the time? Is it wrong to be down all the time?
8. There are times when we are down and morale is low.
9. What about these downs?

I. DOWNS ARE NORMAL.

A. **1 Cor. 10:13**

B. Not the downs, but our reaction to them that makes the difference.

II. DOWNS ARE NOT PERMANENT.

A. **Gal. 6:9**

B. There will be a time of reaping. **Gal. 6:7**

III. DOWNS PROVIDE CONTRAST.

A. Diamonds are best shown against black velvet.

B. Give me appreciation of the ups. (**Job**)

IV. DOWNS ARE NOT THE END OF THE STORY.

A. Many teams have been down at halftime only to win in the second half.

B. Paul was down, but not out. **2 Cor. 4:8-10**

C. It is not a crime to be down -- just don't stay that way.

CONC:

1. How do I handle the downs?
2. Accept them -- they are real, but not fatal.
3. Experiencing downs never stopped any successful person from succeeding.
4. Ask any Christian if he has ever had any down times.
5. Choose to be and resolve to be -- UP.
Phil. 4:6-8