



INSPIRATION FOR THE *UP* RELATIONSHIP

Lift

I WILL *LIFT* UP THE CUP OF SALVATION
AND CALL ON THE NAME OF THE LORD.

PSALM 116

INSPIRATION *for the* “UP” RELATIONSHIP

Relationships don't just happen. They are built over time. We meet someone and want to know them better. We plan our schedules so we'll have time for them. We learn what they like and don't like, but we also want to know what they think and feel. We grow to love them and find ourselves inspired to be better when we're with them.

Does this describe our relationship with God? Too often our relationship with God is more a matter of information

than inspiration. We are satisfied with knowing a lot about Him, but we don't invest the time and energy needed to really know Him. Of all our relationships, our personal relationship with God (our “UP” relationship)

is the most important.

This Lift booklet is meant to motivate us to deepen our relationship with God. Our hope is that somewhere in the art, music, scripture, or stories in this publication you will find inspiration for your most important relationship. ☺



A man in a white t-shirt and khaki pants stands on the edge of a white chalk cliff, arms raised in praise. The ocean is to his right, and mountains are visible in the distance under a clear blue sky. A large, faint, arched text overlay reads "I WILL CALL ON THE NAME OF THE LORD...".

I WILL CALL ON THE NAME OF THE LORD...

MEMORY VERSE

For you, O LORD, have delivered
my soul from death,
my eyes from tears,
my feet from stumbling,

that I may walk before the LORD
in the land of the living.

I believed; therefore I said,
"I am greatly afflicted."

How can I repay the LORD
for all his goodness to me?

I will lift up the cup of salvation
and call on the name of the LORD.

I will fulfill my vows to the LORD
in the presence of all his people.

O LORD, truly I am your servant;
I am your servant,
the son of your maidservant;
you have freed me from my chains.

Excerpts from Psalm 116



SONG

KEEPIN' MY EYES ON YOU

Twila Paris
CCLI 184877

I'm not looking behind me
At mistakes I've already made
Hope is living inside me
I believe that my debts are paid
Trusting You now I know I can make it
I've made a vow, I don't want to break it

Lord, I'm keepin' my eyes on You
Following You
Following You
My Lord, I'm keepin' my eyes on You
Following You
Following You My Lord

There's no good in comparing
With my friends who are serving You
Lord, of the grace that your sharing
Is enough for what I must do
Trusting you now I know I can make it
I've made a vow and I'm not gonna break it

Lord, I'm keepin' my eyes on You
Following You
Following You
My Lord, I'm keepin' my eyes on You
Following You
Following You My Lord

I won't look to the left or right
My only goal is keepin' You in my sight

Lord, I'm keepin' my eyes on You
Following You
Following You My Lord



REFLECTION

JOURNAL

on your “UP” RELATIONSHIP

CRYING OUT & PSALM 116:1-6

What experience turned your prayers into a cry to the Lord? _____

What are modern day “cords of death”? _____

What “cords of death” may have you entangled today? _____

THE LORD HEARS & PSALM 116:7-16

How has your prayer life grown in the last six months? _____

What has contributed to the growth in your prayer life? _____

How does fulfilling our vows in the presence of other people strengthen our walk with God? _____

I RESPOND & PSALM 116:17-19

Thank the Lord for the ways he has rescued you, for the times he has heard your cry. Share your testimony. Work for the Lord. Let others hold you accountable in these vows.

I will LIFT UP *the cup of* SALVATION

by Sandra Mackey

When I moved into my home a few years ago, my youngest daughter was helping unpack boxes of dishes and glassware.

As she unwrapped a lovely blue goblet, she dropped it and broke it. She was devastated.

She apologized for breaking it, and her eyes began to fill with tears.

I hugged her and assured her that I had broken many cups and glasses in my time, and probably would again. But for that particular goblet, it would take someone really qualified and experienced in repairing glass to fix it. The reason I thought about that little incident when I read Psalm 116 may seem obscure, but here is the correlation.



In the first verse, the writer of this psalm said, "I love the Lord, for he heard my voice; he heard

my cry for mercy." It is

obvious that the psalmist had been overcome with trouble and sorrow. It's

only natural that he

would be grate-

ful to have relief.

He had

cried out to

the Lord to save

him, and had seen

the Lord's answer full of

grace and mercy. His response?

"I will lift up the cup of salvation and call on the name of the Lord" (verse 13).

Upon reading this verse, I thought to myself, OK, I've been there. Of all the metaphors in the Bible, this one seems amazingly appropriate. There were times in my life when I was

(continued on back cover)

STORIES OF FAITH

WE EACH
CAME TO
ATLANTA
from
different
parts of the
country, but
with similar
problems. This one way bus trip was
our ticket out of lives that addictions
had reduced to nothing but lies, decep-
tion, manipulation, theft, homelessness
and prison.



Coming to know Jesus cleaned us up
and restored our souls. We found a
body of Christ and became a part of the
mission of Jesus. He saved us from
marching in Satan's army and made us
soldiers for Christ. We fell in love and
were made one in him. What had once
been sins were now assets for his glory!
What an honor! What a joy to be given
another chance to do his will. To
encourage and love others in the body
with our experiences and His love! We
are lifted because we are keeping our
eyes on Him.

*He chose the lowly things of this world and the
despised things and the things that are not — to
nullify the things that are.*

1 Corinthians 1:28

James and Barbara Langhorne

I HAVE
EXPERIENCED
THE LOVE OF
God during the
past few months in
a powerful and
humbling way.
Losing two impor-
tant family members within three weeks
took me to a place in life where I had
never been before.



Feeling hurt and broken I found my
Christian family surrounding me with
encouragement, countless acts of
kindness, cards, calls, prayers, and love
expressed in a variety of ways. I received
word of my father's passing at 11:00
a.m. on December 13. Within minutes
there were several people at my side.
Within the hour arrangements had
been made for plane tickets to Idaho for
myself and my children. I could not
have imagined such peace in my hour of
pain had it not been for "God putting
on skin" through my spiritual family. I
believe more than ever that God is a
God of love, a God who lifts you up
when you are down, and a God who
heals the wounded heart. I have felt His
presence and love in a fresh way, and I
have been blessed and lifted up!

Karen Henson



I WILL LIFT UP THE CUP SALVATION

(continued from page 6)

overwhelmed with turmoil.

There were times when I felt isolated and abandoned; in fact, the 116th Psalm is almost worn out in my Bible.

I'm thankful for that precious cup of salvation that freed me from my chains, the cup of agony that Jesus pled to have removed from Him if it were His Father's will (Luke 22:39-43), the cup of the new covenant to His blood (1 Cor. 11:25), the cup of thanksgiving (1 Cor. 10:16) I have chipped it, cracked it, dropped it and broken it more times than I care

to remember. But Jesus is qualified and experienced in fixing broken cups. When I lift the cup of salvation and call on His name, that cup is unceasingly whole; clean and without blemish because it overflows with His gracious mercy.

O Lord, we know the cup of salvation is here for all of us who will call on Your name. Help us to remember what is written, "Humble yourselves before the Lord, and he will lift you up." (James 4:10). Thank you for Your grace.

In Jesus' name.

Amen ☺



EACH EDITION OF LIFT IS CREATED TO INSPIRE
OUR READERS TO GIVE THEMSELVES FULLY TO GOD.

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