

# A Dose Of Chin Up!

Rachael Martin 9,22,2017

So much going on around us right now, every time I think things are going to settle down, life says “NOPE! NOPE! NOPE! NOPE! NOPE!” – but friends.....

God says yes when man says no.

God has the upper hand, He sees the end and was there at the beginning, He reminds me daily that there's a bigger picture that I don't see and quite frankly, I think I'd be consumed if I saw it in its entirety – so in His loving kindness, He leads us on and lovingly shows JUST ENOUGH.

When I saw this video on a friends feed, I thought it would be nice to end the week with a short, encouraging word – that if as I always say – if you woke up today there's a reason and God has a plan! Lord? Give us the strength and lead us on, in Jesus name, Amen.

<https://www.youtube.com/watch?v=vvXplUxgfls>

**Psalm 121:1=8 - A Song of Ascents.**

**121 I lift up my eyes to the hills. From where does my help come? <sup>2</sup> My help comes from the Lord, who made heaven and earth. <sup>3</sup> He will not let your foot be moved; he who keeps you will not slumber. <sup>4</sup> Behold, he who keeps Israel will neither slumber nor sleep. <sup>5</sup> The Lord is your keeper; the Lord is your shade on your right hand. <sup>6</sup> The sun shall not strike you by day, nor the moon by night. <sup>7</sup> The Lord will keep you from all evil; he will keep your life. <sup>8</sup> The Lord will keep your going out and your coming in from this time forth and forevermore.**

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