

## WHEN LIFE KNOCKS YOU DOWN!

Habakkuk 3:16-19

INTRODUCTION: Where do we turn when life knocks us down and it is not a physical fall, but a spiritual or emotional, or mental fall. How can we get back up when we are knocked down by life? Romans 15:13. Our God is the One Who can literally turn around our falls. Our God can take our very worst situations and turn them into our greatest blessings. Our God is the God of hope: Luke 18:27. Habakkuk also experienced the worst life could bring. In 605 B.C. Babylon carried away Daniel and his friends. In 597 again, Babylon attacked Judah and once again in 586 B. C. Babylon destroyed the city of Jerusalem and destroyed the temple of God. Habakkuk knew what it was to be down but he also knew who to turn to in order to get back up. Habakkuk 3:17-19. Here God gives us a three-step action plan to put into practice any time life knocks us for a loop.

### I. TAKE YOUR QUESTIONS TO GOD!

Step number one in the three-step action plan is to take your questions to God. When life blindsides us we all have a lot of questions. In chapter one Habakkuk wrestled with God over the current state of affairs because the nation of Judah is in spiritual decline and God tells him that Babylon is coming to destroy Judah as a nation. Habakkuk 1:1-2. In chapter one, Habakkuk asks God seven questions. Even our Lord Jesus asked questions of His Father: Matthew 27:45-46. We can always ask questions of our God but we must come to Him reverence. Hebrews 12:28-29; Psalm 47:2. We always can come to God with confidence: Hebrews 4:15-16.

### II. YOU REJOICE IN GOD!

The second step when life knocks you down: You rejoice in Him in the midst of your problems. Habakkuk 3:17: That is a true bummer. In the midst of all they do not have Habakkuk says: Habakkuk 3:18. The word "rejoice" here literally means "to become jubilant, to jump for joy." Habakkuk is not rejoicing in the lack but in the Lord. No matter what is going on in our lives we can chose to rejoice in the Lord: Philippians 4:4; James 5:8. Nobody likes hard times but we cannot get away from the fact is Scripture tells us: 2 Timothy 3:1-5. Yes, things are going to get bad down here but any of us who will live by faith can rejoice in the Lord. Remember, rejoicing is not an act of ability, it's an act of the will. God often moves mightily when His children chose to praise Him in times of trouble: Acts 16:25-26. What should we do when life knocks us down? Chose to rejoice in the Lord! Nehemiah 8:9-10.

### III. TRUST IN GOD TO SEE YOU THROUGH!

The third step is to trust in God to see you through! Not just so you can survive but that you can thrive and move to new heights with the Lord. In chapter three Habakkuk's worry turns to worship and his fear turns to faith and his terror turns to trust as he looks anew at his Lord! Habakkuk 3:19: Yahweh Adonai in the Hebrew language means "Sovereign LORD! Our God truly is the One in control and He is our strength and we can rely on Him. Listen our God is able to deliver His people no matter the circumstances. 2 Corinthians 1:8-11; 2 Timothy 4:17-18; Daniel 3:14-18; Isaiah 40:31. God can strengthen you also: Philippians 4:13; Habakkuk 3:19. Not only can we get back up when life knocks us down but we can get up and ascend even higher for our Lord's glory. In Psalm 23:1-4 we are told the Lord will be with us even in our times of the valley of the shadow of death. Habakkuk started his book focused on his troubles but he ends the book by focusing on his God. What are you focusing on today?