

“GET UP KEEP GOING”

Proverbs 24:16 for though the righteous fall seven times, they rise again.

The Clip we watched was:

Heather Dorniden, while leading the 600-meter race at the Big Ten Indoor Track Championships 2008 suddenly falls down. However, she never gave up despite the fall and inspired us by getting up to win the race. Your “GET UP” will also inspire others to do the same.

My life experiences

I remember while running track I was asked to run the 440 event which is a quarter mile race. As I started to run everything was fine. Then I fell flat on my face. I remember even today hearing the coach yelling “GET UP” keep going!!! But as a young kid I didn’t understand what he meant “GET UP” keep going!! I was embarrassed, I was hurt, and I didn’t think I had it in me to continue.

As I look back at that moment in my life, it was a defining moment in my life. I can’t honestly remember whether I kept going or I quit. All I do remember was that I was embarrassed, I was hurt, and I didn’t think I had it in me to continue. But I have never forgotten the coaches voice “GET UP KEEP GOING”

Then I remember another event that they were going to have a Promotional Marketing even with Carl Lewis. At that time he was the fastest runner around. They allowed kids that were in track and field to have a chance to run against him. It was on a Saturday afternoon at Fremont High. That Saturday morning I was excited. Then I remember I had forgotten to bring my track shoes home they were in my locker at the school. My mother took me to the school but it was closed down. So I told her to just take me to the event I would run in my tennis shoes.

Well I didn’t beat Mr. Lewis but I was in the race that is all that mattered I did my best. I look back at it now and think. It was not important what I had on my feet. What was important is what I had in me.

Today I understand what my coach meant by yelling “GET UP KEEP GOING” what he was telling me was stay in the race. Do Not Give Up!!!

Today I understand what God was teaching that day I ran without my track shoes. It is not about external equipment. It is about the internal equipment. What and who is in you. Just get in the race.

As we watched Heather Dorniden fall in that race **she never give up**, I believe it was her fall that inspired us by seeing her get back up and continue you on to win the race

There are many things that can happen in life, that can cause a fall, a setback. **And you can do one or two things.**

1. Lay there and quit or
2. Get up and continue the race

When these things happen people will see what happens and just as I and also Heather experienced some things emotionally and physically. You may be embarrassed, you may be hurt, and you may even think you do not have it in you to continue.

Mr. Lewis had this quote: *“If you don’t have confidence, you’ll always find a way not to win.”*

God’s Quote was: Proverbs 24:16 (NIV2011) for though the righteous fall seven times, they rise again.

“GET UP KEEP GOING”

I. Dealing with embarrassment

Embarrassment has a way of bringing shame, confusion and humiliation. None of those things are from God. Those places we may visit, but they are places we are not to remain!

- Divorce can cause embarrassment
- Lost of a job can cause embarrassment
- Being a single parent can cause embarrassment
- Lack of money can cause embarrassment
- Some walk out of your life

What things have cause embarrassment?

These things can become weights, they can ensnare you and entangle you. You must lay them aside and run your race with endurance, with stamina, and with perseverance, the race you are in call life!!

Hebrews 12:1 (NKJV) Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us

If you lay, there you will never win hear the coach our coach the Holy Spirit yelling “GET UP KEEP GOING”

II. Who’s really in the Race

You are the one running this race, not those on the sidelines

In any race you have those in the stands, many will say because of your fall, because of the setback you have experienced you will never recover. It is over you are finished.

Then you have those who are cheering you on to “GET UP KEEP GOING”

The question will be who are you going to listen too?

Proverbs 24:16 (NIV2011) for though the righteous fall seven times, they rise again.

What number of falls are you on? 1, 2, 3, 4, 5, 6, 7,

1. “GET UP KEEP GOING”
2. “GET UP KEEP GOING”
3. “GET UP KEEP GOING”
4. “GET UP KEEP GOING”

“GET UP KEEP GOING”

Do you remember Naaman?

He was told to go dip 7 times in the Jordan

2 Kings 5:13-14 (NIV2011) Naaman’s servants went to him and said, “My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, ‘Wash and be cleansed’!” ¹⁴ **So he went down and dipped himself in the Jordan seven times, as the man of God had told him, and his flesh was restored and became clean like that of a young boy.**

“GET UP KEEP GOING”

Luke 4:27 (NIV2011) And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian.”

We call have all heard the name Peter mentioned

1. **Peter was the only one that stepped out of the boat at Jesus command Matthew 14:28-30 (NKJV)** And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." ²⁹ So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. ³⁰ But when he saw that the wind *was* boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"
2. **Peter cut a man’s ear off John 18:10-11 (NKJV)** Then Simon Peter, having a sword, drew it and struck the high priest's servant, and cut off his right ear. The servant's name was Malchus. ¹¹ So Jesus said to Peter, "Put your sword into the sheath. Shall I not drink the cup which My Father has given Me?"
3. **Peter Rebuked By Jesus Mark 8:33 (NKJV)** But when He had turned around and looked at His disciples, **He rebuked Peter, saying, "Get behind Me, Satan! For you are not mindful of the things of God, but the things of men."**
4. **Peter denied knowing Jesus Matthew 26:69-75 (NKJV)** Now Peter sat outside in the courtyard. And a servant girl came to him, saying, "You also were with Jesus of Galilee." ⁷⁰ But **he denied it** before *them* all, saying, "I do not know what you are saying." ⁷¹ And when he had gone out to the gateway, another *girl* saw him and said to those *who were* there, "This *fellow* also was with Jesus of Nazareth." ⁷² But **again he denied** with an oath, "I do not know the Man!" ⁷³ And a little later those who stood by came up and said to Peter, "Surely you also are *one* of them, for your speech betrays you." ⁷⁴ Then **he began to curse and swear, saying, "I do not know the Man!"** Immediately a rooster crowed. ⁷⁵ And Peter remembered the word of Jesus who had said to him, "Before the rooster crows, you will deny Me three times." So he went out and wept bitterly.

Proverbs 24:16 (NIV2011) for though the righteous fall seven times, they rise again.

This same Peter delivered the first sermon in the book of Acts 2:14-36 (3000 were saved) HE GOT UP AND KEPT GOING

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III. WHAT IT TAKES TO GET UP

When you have a fall it is going to take

1. Perseverance
2. Endurance
3. Knowing you are an OVERCOMER

Perseverance is continuing on despite the fall, forwarding forward delay, “GET UP KEEP GOING” achieving the success that is meant for you.

Endurance have power to overcome the fall, the setback the delay. Having the ability endure a difficult situation without giving up “GET UP KEEP GOING”

You are an OVERCOMER because our God is an Overcomer it’s in you “**GET UP KEEP GOING**”

Philippians 2:13 (NIV2011) for it is God who **works in you** to will and to act in order to fulfill his good purpose.

Romans 8:28 (NKJV) And we know that **all things work together for good** to those who love God, to those who are the called according to *His* purpose.

Conclusion:

Many of you have fallen, now the choice you have to make is will you lay there, or will you get up and continue the race?

Will you allow embarrassment, shame and hurt keep you down?

Will you get back in the race, which voices will you listen too? Thos that are laughing at you or those who are rooting for you to win?

1 Corinthians 9:24-27 (NKJV) ²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*

Run your race with

1. Perseverance
2. Endurance
3. Knowing you are an OVERCOMER