

Get Back Up



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Proverbs 24:15–16

“Lay not wait, O wicked man, against the dwelling of the righteous; spoil not his resting place:

¹⁶ For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.”

Verse 16 is a wonderful verse, if we just read this verse and went home from service it would have been worthwhile to come to church to hear. This is a special passage. **The just man falleth seven times and riseth up again.** The devil has trouble with a person who will not stay down. You cannot beat someone who keeps getting back up. In the 1974, titled match between George Foreman and Mohammad Ali. Foreman beat Mohammad Ali. But he kept coming back. He said on one punch he heard the jaw bone break in Ali's face. He thought he had him. They told him to call it off but he said no, he would not quit. Then Foreman said he came back, I knew I was whipped and he was.

Now you can get knocked down, most of us have before. But you must get back up. You see, success and failure is on the same road. But success is a little farther down the road. I read recently about the man who was supposed to invent the airplane. Of course we know the Wright Brothers, Oliver and Wilbur were credited with the first manned our plane fly on December 17, 1903. Before that day these men were simple bicycle mechanics. The man who the nation expected to invent the first airplane was Dr. Samuel Langley, a professor of mathematics and served as director of the Smithsonian Institute. In 1898 the US war Department gave Langley, a \$50,000 grant. He was

supposed to have built the first airplane. His first flight went 50 yards and fell to the ground. He was heavily criticized by the New York Times. He tried again two months later and failed again and again. He was heavily criticized by the New York Times and this time he gave up. It was part of criticism in his failing and he just simply didn't want to try any longer. It was only a few more days until two bicycle mechanics named Wright flew their plane over the sand dunes of Kitty Hawk, North Carolina. The problem was that Samuel Langley did not realize how close he was to success. Had he only gotten up one more time, he could possibly have succeeded. Yet here was two bicycle mechanics who did not give up and became famous. Most people mistakenly assume that successful people get where they are in life because of superior intellect, family connections or a pull by someone in authority. The truth is that the single quality that distinguishes successful people from unsuccessful people is a get back up attitude.

We must have some persistence in our life like President Kevin Coolidge said, "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are overwhelmingly powerful." Notice we must get back up.

I. Get Back Up From Sin. Vs 15–16

The wicked lay wait cause the righteous to fall. Sin is dangerous and must be considered dangerous by every Christian. We are warned in **Hebrews 3:13**, “lest any of you be hardened through the deceitfulness of sin.” Yes, sin is very deceitful. Sin will set a trap for you. You cannot play with sin. I read in the book of James how James illustrated the problem with sin. **James 1:14** says, “But every man is tempted, when he is drawn away of his own lust, and enticed.”

Here is a picture of Mr. Fisherman going after Mr. Bass. Mr. Bass is out there in a safe place but Mr. Fisherman knows that if he can use the right lure to get his attention to attract him to come out from his safety. He knows he can catch him. Mr. Fisherman often changes lures to find the one that will attract the fish. We all need to be very careful that we do not fall into sin. The devil will come at an unexpected time and unexpected ways to get us hooked etc.

A. A Christian Can Sin. Vs 16

A just man falleth. That is what a righteous man is called in the New Testament.... a just man. I know that this may shock some of you. Some of you thought when you got saved we would never sin again. In fact I guess I had that idea, I thought when I get saved my sinning days would be over. I would be perfect and I would never sin again. I was so happy when I got saved the burden was rolled away and I received the victory in Jesus name. What a glorious day when my salvation came to me.

Some of you might wonder how you responded to the first time you sinned. I mean, I have failed. Some of you reading this may remember the time that you did as well. Maybe before you were saved you had a problem with bad language, you thought you would never curse again. But one day when you got so upset something happened. You may have said some words you knew was wrong and you felt so bad about it. Maybe you thought you would never drink again and you were surprised to find that one day in your weakness you took a drink. Sin will come after you. You need to stay on guard at all times. Paul reminded us in **1 Corinthians 10:12**, **“Wherefore let him that thinketh he standeth take heed lest he fall.”** Yes, you can fall take heed and beware. I think when I read the scripture I read about a good man by the name of David, yet we read about his terrible sin, etc. Samson a mighty man used of God to deliver Israel from the Philistines; or what about the good man Simon Peter, who denied his Lord. All I'm saying is a Christian can sin and you better beware. Young people are often around others who are involved in sin. The more you are around people who are involved in sin, the more you play with sin the easier it gets. It will not stink as bad. The shock will be gone from it and you will begin make adjustments.

This was brought to my attention once when my Deacon brother, J.R. Hill wanted me to go with him to make a visit. It was a quite a ways away in up in one of these hollers. I remember going to the

door and knocking, and when someone come to the door. We told him who we was and they invited us in. They had animals in their house and the smell of it almost burnt the hair out of my nose. It was so awful. I thought how can I stay in here with this smell. We went on in and sat down and chatted with them. The longer I was there, the less the smell stunk. In fact, by the time I was ready to leave it hardly even bothered me. I thought to myself, that's how sin is if you're around it, you might begin to adjust to it. This is a dangerous thing.

B. A Correction by the Spirit. Vs 16

Yes, a just man can fall, a Christian man can fall but he will get back up again. No Christian can stay down in sin. When you are saved, you received a new nature and the Holy Spirit took up his residence inside of you. Your body becomes the temple of God. The Holy Spirit will correct you. Now here is one way you can tell if you are really saved. I'm not talking about that you cannot sin, no in fact, you can sin but you cannot sin and enjoy it. You will feel miserable. I'm talking to someone right now who is saved. But you have sinned. You have said something wrong, you watch something you shouldn't watched, or listen to the wrong music, or you have been in the wrong places and you've done the wrong things. And now you feel miserable. That's the Holy Spirit inside of you and I got bad news for you. You will never feel any better until you get right with God and get up and out of sin.

II. Get Back Up from Setbacks. Vs 16

For a just man falleth seven times and riseth up again. I guess we all have had setbacks in our Christian lives. One thing I have learned about the Christian life is it is filled with hills and valleys. You can be on a spiritual mountain one week and down in a valley the next week. You can have great achievements in your spiritual life with victory and then be broadsided with a tragedy and knocked down. Sometimes we have setbacks in our church life, in our family life, in our business life. I guess we should anticipate setbacks.

I read of Truett Cathy. He is the man who founded the Chick-fil-A. The restaurant chain, which started with one small dinner and has grown to more than one thousand restaurants, making it the second largest quick service chicken restaurant chain in the nation.

As of September 2007 Forbes listing of billionaires, Cathy Truett was number 380 in the United States, with a net worth of 1.3 billion dollars. And this was achieved while remaining closed on Sundays, which is one of the busiest sales days of the week.

Mr. Cathy has written several books, and in his autobiography, he revealed that he was so tongue-tied that he couldn't put three words together verbally without stumbling over himself. Three weeks after he opened his first store, it burned to the ground. When he finally got his second store built, his brothers, who were his partners, were killed in an airplane crash. We must

learn to get up from our setbacks and keep going.

A. Get Back up From Hurt Feelings.

I believe many just men has had to deal with getting his feelings hurt at church. This happens all too often. In fact I don't think you can go to church very long and not be offended. These are the words of Jesus Christ in **Luke 17:1**. **“Then said he unto the disciples, It is impossible but that offences will come: but woe unto him, through whom they come!”** Yes, somewhere, sometime you will be hurt there will be a setback in your spiritual life, if you're young, it can be a crippling experience. In fact, without a doubt, maybe you're reading this right now and you attended church, but you got offended and you quit church. Jesus said in **Matthew 18:21–22**. **“Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? ²²Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.”** Notice Peter said seven times. But Jesus reminded him that he needed to forgive 70×7 and even in our lesson today a just man falleth seven times and riseth up again. Notice it's not six but it is seven because seven is the

number of completeness, it means that you will keep on getting up and never quit or never stop. That's why Jesus said 7×70 and not 490 that way you would always be willing to forgive and keep on forgiving when you've been hurt. If you don't forgive you will carry a grudge and this is not for you. Paul said in **Romans 12:17–19. “Recompense to no man evil for evil. Provide things honest in the sight of all men. ¹⁸ If it be possible, as much as lieth in you, live peaceably with all men. ¹⁹ Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.”** You must not allow this to stop you. You must get back up from hurt feelings. Remember when God told Joshua to march around the walls of Jericho a certain amount of times and he would give the victory? Now Jericho was a 9 acre city. They had to march for six days, and on the seventh day, seven times. That had to be hard. But there would be no victory until they continued to do it. The seventh time not six or less they had to go and keep going. Do you remember Naamon who had leprosy and he went to Elisha, and Elisha told him he could be cured of his leprosy disease if he would go to the Jordan and dip seven

times. He could've done it one time and quit. But he would never been healed. If we don't keep going we won't get the blessing.

B. Get Up From Hard Falls. Vs 16

A just man falleth and riseth up again. Yes, we can fall many good people have fallen. But you can't stay down. Get up again. Maybe you went through a divorce. This is a terrible experience and certainly a serious failure. But I got good news for you. You can get up and you can start over with forgiveness and God will bless you. Maybe you had a business failure. Just because you failed in one area don't make it a failure in every area. You can get back up from a hard fall. The famous Scottish preacher Alexander Whyte describe spiritual growth as the saints falling down and getting up, falling down and getting up all the way to heaven.

I read of men like Abraham Lincoln, who at the age of 22, failed in business. 23, ran for Legislature-defeated. 24, again failed in business. 25, elected to Legislature. 26, sweetheart died. 27, Had a nervous breakdown. 29, was defeated for speaker. 31, was defeated for elector. 34, was defeated for Congress. 37, was elected to Congress. 39, was defeated for Congress. 46, was defeated for Senate. 47, was defeated for Vice President. 49, was defeated for Senate. 51, was elected President of the United States. What if he had quit?

Thomas Edison, who failed 1800 times before he invented the light bulb, he didn't give up

he kept getting up from his failures. Henry Ford went broke at the age of 40, but he didn't quit. He got back up from a hard fall and became a great success. Col. Harland Sanders at the age of 65 who thought of himself as a failure in life discovered Kentucky fried chicken. Walt Disney went bankrupt seven times. You can fall but get back up.

III. Get Back Up For a New Start. Vs 16

For a just man falleth seven times and riseth up again. Yes, you can fall. You can fail, but you must get up again. Folks, we all have failed somewhere at some time. You messed up, you dropped the ball, and you may feel bad about it. You may have been ashamed to show your face. I have failed before in my own life. I remember when I was in high school. I got smarter than all my teachers in fact I got smarter than my parents and I decided to quit school. I made my plans, but they did not include high school, I quit playing football. I quit going to my classes and I went out to fulfill my big plans. The only thing I did was to fall on my face in failure nothing went as I planned. I made a big mess of my life. But I got back up. I was embarrassed and ashamed but I went back to school and enrolled in classes and went to my football coach and asked him if he would allow me back on the team. It was a humbling experience, but it's one that I do not regret that I made. I'm glad that I had to get back up and start over.

A. Acknowledge Your Failure.

The just man falleth yes, we can but we can be honest about it, acknowledge our failure. Don't try to blame someone else for your failure. This seems to be the thing we try to do, blame others or try to cover it up and go along living like everything is well. The Bible says in **Proverbs 28:13**, **“He that covereth his sins shall not prosper.”** When Adam sinned he blamed it on the woman, even tried to blame it on God. He tried to cover it up. You cannot blame somebody else for your failure. You need to acknowledge your failure. Don't try to cover it or hide it. **Jeremiah 23:24 Can any hide himself in secret places that I shall not see him?** You cannot hide from God, we must acknowledge our failure. I told you about David, who committed a terrible sin. But David was willing to confess it. **Psalms 51:3 “For I acknowledge my transgressions.”** You see David was a man of good man, who fell. David went down in history as the greatest King Israel ever had. Why? Because David never ever tried to blame anyone else for his sinning, he confessed and acknowledged his wrongdoing and got back up from his failure.

B. Arise in Faith.

For the just man falleth seven times and riseth up again. You must learn to get back up. You cannot allow your failures to keep you down. You can start over. Get back up and get back up in the battle. We all know about the Christian armor, the shield of faith helps the soldier, the breastplate of

righteousness, but I've noticed that all of the armor that goes on a Christian is for the front side of the believer. There is no armor for the back. The reason is we're never to show the enemy our back we keep going forward. We don't quit or run. Yes, you can get knocked down by sin. But you got to get back up, I am aware that we get hurt sometimes and failing is embarrassing, but we must acknowledge it and we must arise in faith and start over again. Maybe you have failed in your home, your spiritual life, or you're not going to church or doing what God wants you to do. You're not a happy person. God is speaking to you right now. You need to acknowledge Him and arise in faith and start serving him again.

No one is beaten till he quits.

No one is through till he stops.

No matter how hard failure hits.

No matter how often he drops.

A feller is not down till he lies.

In the dust and refuses to rise.

"Come To The Mountain"



Mountain Ash TM

Baptist Church

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