

# Where do I go when I'm down

By Clemon Chappell

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**Bible Text:** Micah 7:5-8

**Preached on:** Tuesday, May 8, 2012

## **Son Rise Baptist Church**

2301 Fairbanks St.

Gary, Indiana 46406

**Website:** [www.thesonrisechurch.faithweb.com/](http://www.thesonrisechurch.faithweb.com/)

**Online Sermons:** [www.sermonaudio.com/vincent74](http://www.sermonaudio.com/vincent74)

Open your Bibles tonight and I have all the confidence in the world in this crowd. Let's run over to a book we don't dive into too much but over to the book of Micah which is right after Jonah. That's Micah 7 and I want us to look at a verse tonight and I pray that God uses it to help us, to encourage us tonight. I'll tell you what: a lot of times when you come to the house of God or that mid-week service, we need to get our tanks re-fueled and we need a little bit of extra strength for the journey for the rest of the week and I pray that this message will do just that tonight.

I want you to get to Micah 7. Let's all stand as we give reverence to the word of God. Let's all stand and we'll look at verse 5 and we'll read that down through verse 8. We'll pray and ask the Master for his mighty help tonight. Micah 7:5, the Bible says this, God's word, inerrant word says this,

“5 Trust ye not in a friend, put ye not confidence in a guide: keep the doors of thy mouth from her that lieth in thy bosom. 6 For the son dishonoureth the father, the daughter riseth up against her mother, the daughter in law against her mother in law; a man's enemies are the men of his own house. 7 Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me. 8 Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD shall be a light unto me.”

I want to talk tonight on this little thought: where do I go when I'm down? Where do I go when I'm down?

*Father, I ask you for the mighty help of the Holy Spirit of God that lives on the inside of my soul. I ask, God, for you to give me strength. I pray, God, for wisdom, for direction, for guidance and I also beg you to forgive me of any sins in my life that would hinder you from using my vessel tonight. I ask to scrub me, to cleanse me and then to make me pliable. I pray, God, that you can help me to say the words that you would have me to say, nothing more, nothing less. I pray, God, that you'd guide everything I do: my actions, my movements, everything. Father, I pray, that you would be the director of it all. For that, God, I praise you and I pray, God, that you'd take your word and make it alive to us. I pray, God, that you would take your word and show us some things that we*

*need to do and maybe some things that we need not to do and then wait on the promises that will definitely show up as we follow your prescriptions and your advice. For that, God, we'll thank you.*

*Bless every soul that is here tonight. Bless every young child, bless every teenager, bless every Mom, every Dad, every Aunt, every Uncle, every grandparent. I pray, God, that you would bless every person that is assembled here this evening and I pray, God, that each of us will receive a special blessing just for our appearing here this evening. For that, God, we'll thank you.*

*Of course, my prayers go out to all of those who are watching, Father, on the internet. I pray, God, that you'll bless every family, bless every home, every soul, every person, those who are watching now, those are watching later. I pray, God, that you give them strength for the journey. For that, God, we'll shout Hallelujah! God, help somebody because somebody needs your help. I sure know I do so help us all for it is in Christ's name that we pray. Not a weak Jesus but a mighty Jesus. Amen.*

You may be seated.

Where do I go when I'm down? 1. Every person, all of us, will all be down at some time. I don't care who you are. I don't care what your background is. I don't care what area that you've come from. Every single person that is here this evening will at some time in your life, some point in your life, find yourself down. "Oh, not me." That's wonderful but you will find yourself down. The greatest men of God, the greatest women of God, have all found themselves in a place of despair, a place of discomfort, a place where they felt like they were doomed.

For example, look with me over to 2 Corinthians 1 and look down at verse 8. Here we see a great man of God, a man that wrote on the part of the Holy Spirit, he wrote half the New Testament. His name is Paul and Paul says in 2 Corinthians 1:8, Paul says, "For we would not," we don't want you to be, "brethren, have you ignorant," or not to know, "of our trouble." In other words, we're not trying to hide from you the trouble that we have found ourselves in the midst of. He says, listen, he says, "For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed," that word means "to be burdened," "we were pressed out of measure," that means beyond, "above strength, insomuch that we," us, me, Paul and everybody else, "we despaired even of life." That means the ultimate loss, we despaired even of life. "But we had the sentence of death in ourselves," we thought we were not going to make it, all of us thought that we were doomed, we were in despair but because of our own flesh. Look at what he says, "But we had the sentence of death in ourselves," but notice what he says, though, "that," or in order that, "we should not trust in ourselves, but in," who? "God which raiseth the dead." Paul says this: man, we were down, we were out, we thought we weren't going to make it but we learned something, not to trust in ourselves because we have the sins of death in our own selves. We thought we weren't going to make it but we learned that we should not trust ourselves or our wisdom but trust in the Lord. He's the one that brings deliverance.

The next verse says this, "Who delivered us from so great a death, and doth deliver: in whom we trust," we expect, "that he will yet deliver us." By the way, "Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf." 1. He also says this: though God helped us but you guys helped by praying. That's why we have prayer requests. When you make your prayer request, we all pray together and ask God to help you in that situation that you find yourself in the midst of. We are praying for one another that God would intervene and give us victory and give us health.

But the point I want you to see here is that even Paul despaired of his life. He thought he wasn't going to make it. Every person has some place or point they think in that situation, that they're not going to make it and you find yourself down. So, where do we go when we're down? Now, let's go back over to Micah. First of all, let me show you where not to go. The Bible says this and it doesn't mean that you can't talk to people but not to put your trust in them, not expect them to be your deliverer. The Bible says in verse 5, "Trust ye not in a friend," that's an associate. So, a lot of times, we look for our friends to be our help. Oh, they can help us, you know. For example, let's say that you have a financial situation and you say, "Well, so-and-so, they're doing pretty well so maybe I'll call them and ask them and they can help me." Well, they might be able to help but they might not be able to help you but don't put your trust in them and that, my friend, is going to hit you and you say, "God, you show me what to do about this situation I find myself in the midst of financially." Because he says right here you can't trust in a friend.

He says, "Put ye not confidence in a guide." A guide is somebody that is a captain, somebody that is leading. Listen, we all have leaders. I'm your pastor but listen, my friends, I will let you down, I will disappoint you so don't put all your confidence in me. Put your confidence in him and at the same time you pray for me that God would help me, direct me, lead me, guide me but don't put your confidence in me because man will fail you, the leaders will fail you.

But he also goes on to say this, "Trust ye not in a friend, put ye not confidence in a guide:" watch this, "keep the doors," that's the entrance, "of thy mouth from her that lieth in thy bosom." That word "bosom" means "lap." So, now we're talking about somebody that's close. You see, sometimes we might not trust a friend who is in your social life but what about that person that's the closest to you? That person that maybe you've grown up with, you say, "I've known him since I was small. We've been through thick and thin," but you know what? They will also let you down. Don't put your confidence in them, close the entrance of your mouth. But sometimes we say we have to say everything. No, sometimes you need to keep that to yourself and then speak it to the person that can really do something about that particular situation.

Then notice what he says, he says this, he moves down to family, "For the son dishonoureth the father, the daughter riseth up against her mother, the daughter in law against her mother in law; a man's enemies are the men of his own house." That word there means family. Sometimes the persons that are your worst enemy are those who are

the closest to you, in other words, those who are family. As a matter of fact, hold your place here and look with me over to Matthew 10:36. Look at what the Bible says over here in Matthew 10:36. We've got to get to the rough stuff before we get to the good stuff. Look at what it says starting in Matthew 10:35, "For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. And a man's foes shall be they of his," what? "Own household. He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. And he that taketh not his cross, and followeth after me, is not worthy of me. He that findeth his life shall lose it: and he that loseth his life for my sake shall," what? "Shall find it."

The Bible clearly shows us that our foes will be them of our own household and also we are not to love our family more than we love God. You see, some folks have God down here around second or third but God is supposed to be number one. Let me tell you, if we've got God as number one, we love God first, then God will definitely show us how to love our children, how to love our family, how to love those who are around us. You're trying to do it without God, my dear friends. Hey, we're all going to mess up so God said, "Love me first and foremost. Put me in the front," he says.

Watch this, now flip back over to Micah. So, we see, my dear friends, he shows us some places where we shouldn't go. Now let's get to the good part: where do we go? Where will I go? Look at what he says in verse 7, the writer said, "Therefore," because my friend can't do it, my guide can't do it, those who are close to me can't do it, my family can't do it, "Therefore I will look," where? "Unto the LORD." That word "look" here, my friends, means "to peer into the distance." I'm going to look to a farther place. In other words, my dear friends, I'm going to look toward heaven. He says right here, my dear friends, listen, "I will look, I will peer into the distance unto the Lord. That's where I'm going when I find myself down. That's where I'm going when I find myself low. I'm going somewhere else. I'm going up above."

Watch what he says, "I will wait." To be going to him, first of all, you have to have patience. "I will wait for the God of my salvation." That word "wait" means "to be patient." "For the God of my salvation," my deliverance, "my God," I like this, not might but "my God will hear me." That word "hear" also means "attention." We've covered that before in the past. He will pay attention to me because, guess what? Sometimes your family won't pay attention to you. Sometimes those closest won't pay attention to you. They're listening but they're not listening. Sometimes you can tell by their response. You say to them, "Are you listening to what I was saying?" They say, "Yeah, yeah, yeah. Yeah, let's pray." "No, I asked you what do you think?" "Yeah, yeah, I said we should pray." But the Lord won't do that to you. He says, "I'm going to pay attention. I'm going to listen to what you've got to say."

Watch this: he says, "I'm going to patiently wait, though. I'm going to wait for the God of my salvation: my God will hear me." We see his patience but then we also see this, his confidence. The Bible says in verse 8, "Rejoice not against me," don't be joyful. What do you mean, don't be joyful? "O mine enemy." The enemy is my adversary, my foes. Those

are my enemies, “Y'all better stop rejoicing. Don't get all excited.” Why are they getting excited? Because of this: “when I fall.” When I fall and that word “fall” means “be overwhelmed.” When I'm overwhelmed, I want to tell my enemies, “Don't y'all be rejoicing. Don't y'all get all excited like, They down, they ain't gonna make it. Don't rejoice because I've got some confidence. Don't get excited when I get overwhelmed.”

By the way, that's what I'm talking about: there are times when all of us are going to be overwhelmed and sometimes it comes in like a flood and it's all over the place. I mean, you've got your bills and stuff, you've got this health thing that just hit you, you've got this job situation that just came aboard and then you've got some unexpected news from someone else or some other situations. All of this and you find yourself overwhelmed. All of a sudden, your heart rate starts to increase. Then your blood pressure starts shooting up. All of a sudden your head starts hurting. All of a sudden you start having pains in other places. You're like, “Man, I'm about to fall apart.” What's happening is this: we have found ourselves overwhelmed. We're overwhelmed and when you and I begin to be overwhelmed if we're not careful we'll do things, we'll make decisions. I always tell people, “Listen, don't make any decision but especially a very important decision when you're under a lot of stress because if you're under a lot of stress, you may do some things and say some things that you would not normally do because of all of that stress that you find yourself overwhelmed by.” You may react a certain way. I'll ask you to go sit down for a minute and you need to go and sit down somewhere by yourself, just relax and pray, maybe get your Bibles out and read a little bit or maybe just take a walk somewhere, but you need to relax and you need to be able to think clearly because when you're not thinking clearly, we will make some wrong decisions, especially when you and I are overwhelmed.

Watch what he says, though, this is his confidence. “Rejoice not against me, O mine enemy.” I want to tell you something: “when I fall,” when I'm overwhelmed, I'm not going to stay there, “I shall arise.” That word “arise” means “to rise, to lift up again,” I like this part of the definition, it means “to stir up.” Sometimes you'll be down, out for the count and you think you'll never get back up again. Say, “I'm getting back up. There is something that is going to stir me up again. There is something that will start a fire on the inside once again.” Sometimes, that may take a revival, it may take a jubilee or perhaps just sitting in a worship service and somebody gives a testimony and all of a sudden something starts stirring on the inside again. That's why I have certain friends that I love being around because they encourage me, they uplift me. One of those is Brother Gary Moore. When I talk to Brother Gary Moore, and he doesn't even realize, he just says little things and it just perks me up. That's one person that I know and there are others too, but that's one person I know who really truly loves souls. He loves people. He wants to help people. He's not in it for financial gain, he's not trying to get a big name. I'm going to tell you what: the places they're going to, you go into the Philippines where those folks don't have anything and listen, my dear friends, you aren't trying to make a big name for yourself when you're out there in that hot weather and you're sweating and about to pass out just because you're trying to help some folks get some medicine and give them the gospel at the same time. He encourages me. Just talking with him motivates me. All of a sudden, my dear friends, if I am down, by the way, he may not

even know it, when I am down, I just hear him talking and all of a sudden I find myself getting lifted up. All of a sudden I find myself getting stirred up.

Travis is another one of those persons. When I was riding with him that day and he saw somebody that was on the street walking and had his backpack on him and he may have had a guitar with him and he got all excited and he didn't even put the brake on first and he was hopping out of the car. I'm like, "Whoa, man, we're still riding down the road." He said, "Oh, I'm sorry." He got down there and got the little goodie bag and ran back out there and talked to that guy. He was trying to help someone. He wasn't trying to make a big name for himself. That's not being shown over the news. What are you saying? God sometimes uses people to stir us up again but the key is this: we will rise again.

There is a verse, I wish I wrote it down, I believe it's over in Psalms or Proverbs where it says "a good man may fall down seven times but he's going to get back up." We aren't going to stay down. We might be down but we aren't going to stay down. We're going to rise again, Amen. We may be laid out, stretched out and everybody that comes around is going to laugh and look down, "Old Josh thought he was going to play the drums and he thinks he's going to be running the video and all that kind of stuff and he thinks God is all over him. Now look at him," because something happened. Something happened to cause him to get discouraged and now he's down and the enemies, the adversary, especially Satan himself, he'll come by and say, "Look there. I told you serving Jesus wasn't work it. Look at you. Praying for folks and you don't want to do certain things that your friends are doing and you thought it was worth it. It wasn't worth it. Look at you. Now you're all down and laid out, stretched out. Look at you. Pitiful. You are a pitiful little Christian just laid out." Then God comes by and he says, "Son, you're alright. It's time for you to get back up and get back in the battle. You are my kid. I'm going to give you some spiritual spinach." All of a sudden, "I'm ready to go for God."

That's the kind of God that we have. Look at what it says, he says, "When I fall, I shall," he has confidence, "I am getting back up. I'm going to be stirred up again. I'm going to rise again." But then he adds something else that I like, "When," not if, "I sit in darkness," that word "darkness" means this spiritually, "misery, destruction, sorrow," and even "wickedness." "When I sit in darkness." When you're in the dark, you can't see anything. You say, "I might be sitting in the dark, I might not be able to see what to do," but sometimes you don't know what to do. You can't see what to do. You say, "I might be sitting in the dark, I'm sitting in misery, I might be sitting there hurting and all that kind of stuff but I've got good news. I've got this kind of confidence." What's that? He says this, "The LORD shall be a light unto me." That word "light" means "illumination" but also "happiness." In other words, the Lord comes by, I'm sitting there in that dark place and I can't see anything. Do you know what he says? "He'll be a light." He says, "The Lord will be that light." You're in the dark and can't see and then the Lord comes by and he gives you a little light and what you do is you rise up again. What you do is you don't go to your right. If you go to your right, there isn't any light over there but what you do is you stay in the light that God has given you and all you do is follow the light that he's given you. "I wonder what's around the corner?" Just follow the light that God has given you. "Yeah, but I want to see a little bit farther down the road." Just go with the light that

God has given you because as you go and follow that light, all of a sudden you'll find yourself coming out of that darkness and all of a sudden things start to lighten up and all of a sudden you find the light comes on again and now it's brighter and you can see a whole lot more than what you saw before. That's the kind of God that we serve, my dear friends, he'll light up your path and all of a sudden you'll find yourself out of darkness and into that marvelous light. Hallelujah!

Let me ask you this question: what has you down? What has you low? What has you defeated? What has you feeling like you can't go another step? The writer says right here that we've got a God that when we fall, we shall arise. When I'm sitting in darkness, if I find myself in misery, if I find myself in destruction, when I find myself in sorrow, even if I find myself in wickedness, the Bible tells me the Lord shall be my light. He'll be my illumination. Remember, I said something else about that word: it means also "happiness." Remember that song, "Love and happiness." But you know what? God gives that true love and God gives you that true happiness.

So, what does that mean, Preacher? When I'm down, mark it down, I shall arise again. In other words, I'm not going to stay down. I'm not going to stay defeated. I'm not going to stay in misery. Because I've got a God that loves me too much to let me lay where I'm laying. I've got a God that loves me too much to let me stay in my darkness. I've got a God that loves me too much to let the enemy walk around me and just point his finger at me in defeat and I get further and further down. I've got a God, we've got a God, that loves us more than we love ourselves. More than you and I love our own selves, God loves us. What are you saying, Preacher? You see, every person here is blood bought and born again.

When, not if, when you find yourself down, you shall arise again. Somebody said, "Preacher, how long?" Remember, I read it a few moments ago, he said, "I'm going to wait for him." Oh, he's coming but just wait for him. "But I thought he'd be here by 7." Did he tell you he'd be there by 7? "Well, no, but sir, I just assumed." He didn't ask you to assume. He asked you to wait. "Oh, he's coming but what am I going to do in the meantime?" Keep talking to him. What does the Bible say over there in Luke 18:1, pray and faint not? Then in 1 Thessalonians 5:17, the Bible says that we are to pray without ceasing. What is that saying? Keep praying. Keep talking to him. Keep crying out to him. Even when it seems like all that stuff, "I'm really concerned about your son and your grandson," all that kind of stuff and you've got your own health issues that you've got to deal with and all those who are around you talking but you know what to do, don't you? Keep praying and look upward. Don't look down. People looking down like this, and yeah, you're going to run over something, hit something. Instead of looking down, you've got to look up. Say, "God, we'll follow you. You show me which way to go. You show me the place of victory. You show me that place that I get my strength," and God's going to do that, hallelujah.

I'm going to read this one verse and then we're done. "Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD shall be a light unto me." I've got three questions for you. The first question is this: what's got you down?

What's got you down? What's got you defeated? What's got you depressed? What's got you depleted of even strength itself? What is it? Secondly: what's got you discouraged? Thirdly: will you put your confidence, not in your friend, not in your relatives, we love all of them but put your confidence in the Lord. Will you do that? Let me share this, it jumped out over in Psalm 118 and we read this the other day, Psalm 118:8. Look at what it says and some say this is the middle verse of the Bible, look at what it says, "It is better," it is good, "to trust in the LORD than to put confidence," to put hope, "in man." Trust him. Proverbs 3:5-6, "Trust in the LORD with all thine heart; and lean not," don't rely, "unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Trust the Lord with all thine heart. Not part of your heart but all of your heart.

So, what do I do now, Preacher? You come and talk to him because he said he would listen, he would give us his undivided attention. That's the kind of Bible that we serve. We've got a God that can hear you, he can hear you, he can hear you, undivided attention all at the same time. You can't beat that, man. That's why we can trust him and then listen for his direction. Listen for his guidance. Listen for the next step that God would have us to follow. I'm going to tell you what's going to happen: we're going to find ourselves having more victories than we ever realized.

*Father, thank you that when we're down we can go to you. Thank you, Lord, that when we're defeated, we can go to you. When we're discouraged, we can go to you. When we're distressed, we can go to you. You are the lifter up of our head as the Psalmist said. Father, there are so many Scriptures, so many precious verses in your precious word that lets us know that we will have victory as we trust you, as we follow you, as we lean upon you. I pray, God, that tonight, this evening, if there is some that are in a battle, some that find themselves down, they find themselves discouraged, there are some things that have happened in their life that they are overwhelmed by, I pray, God, that each of us will come before you and say, O God, here I come before your holy throne, begging for mercy, begging for grace but also for deliverance and then, God, watch you bring deliverance, watch you bring rescue. Yes sir, you're the cavalry, the Holy Ghost cavalry on its way. O, Father, I pray that right now tonight, they could hear the footsteps of your voice coming toward their direction. O my. Let them know that deliverance is on its way. Help us for it is in your Son's name we pray, Jesus, Jesus, Jesus. Amen.*