

Upsy Daisy

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"I will extol thee, O LORD; for thou hast lifted me up..." Psalm 30:1

I'm sure you are familiar with the expression "upsy daisy". It's the phrase we use when we want to give encouragement to our children when they are learning to walk or when they've had a fall. When my own kids were little and learning to walk, I'd let them hold on to my fingers and I'd lead them along and as they'd start to fall, I'd help them and say, "upsy daisy".

I think that God does the same with us. We go walking along in our Christian life and hit some bumps in the sidewalk or maybe we even fall into a big hole and God helps us up and says, "upsy daisy". He brushes us off and tells us everything is going to be okay.

It's not fun when we are down and we find and our lives turned upside down. It's sometimes hard to see everything in the right perspective when we aren't standing upright. But we have a God who cares about us and is there when we get down and He helps us up. There are some great examples in the bible of some people who had some "upsy daisy" moments.

1. Job.

I think of Job first I guess because when he went down, it was with such a sudden force and a big thud. Here he was, going through life so blessed by God and all of a sudden, Job was laid low. So much happened to Job in such a short time but God was with him all the way and in the end said, "upsy daisy, Job".

Job is such a great example to show that when we don't see God, God still sees us. It's like when a toddler falls down and doesn't see his mother because she's out of site for a little bit while he's lying on the ground after he's fallen. It's kind of scary. But then after a few moments when he sees the face of his mother and knows she's there to help him up, he's okay again. Job might not have been able to see God but God could see Job and Job knew God was still there within reach. What's worth remembering is that even though he couldn't see God, Job still obeyed God.

*Behold, I go forward, but he is not there; and backward,
but I cannot perceive him: On the left hand, where he doth work,
but I cannot behold him: he hideth himself on the right hand,
that I cannot see him: But he knoweth the way that I take:
when he hath tried me, I shall come forth as gold.
My foot hath held his steps, his way have I kept, and not declined.
Neither have I gone back from the commandment of his lips;
I have esteemed the words of his mouth more than
my necessary food. Job 23:8-12*

It's so exciting to see how God said, "upsy daisy" to Job. The Lord had a way of showing Job that all was okay. God lifted up Job and put him upright on his feet once again and *"the LORD gave Job twice as much as he had before"* (Job 42:10).

And the LORD turned the captivity of Job, when he prayed for his friends: also the LORD gave Job twice as much as he had before. Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and comforted him over all the evil that the LORD had brought upon him: every man also gave him a piece of money, and every one an earring of gold. So the LORD blessed the latter end of Job more than his beginning...Job 42:10-12a

2. David.

David had some times when he was down in his life. I think about how when Saul's army was chasing after David. Some of us worry over a few unkind remarks that just one person hurls at us. That sometimes can get us down, but here David was with a whole army in hot pursuit of him. The path for David was bumpy and he had some falls.

What I love about David is that when he was down, he still kept the conversation going with His Lord. Some of us find that so hard. We hit a bump and get knocked down and we just stop talking to God altogether. We let our relationship and time with the Lord just slide downhill. David kept talking and crying out to God. We can see that throughout the books of Samuel where David's life is recorded but also in Psalms where so many of David's songs and psalms are written for us. Some of those psalms were written during some very low points in David's life. God just kept picking David up and saying, "upsy daisy". Through it all God was always with him and had a way of lifting David up and blessing him.

And David went on, and grew great, and the LORD God of hosts was with him. 2 Samuel 5:10

Through this David knew that God was the one that picked him up and put him upright.

And David perceived that the LORD had established him king over Israel, and that he had exalted his kingdom for his people Israel's sake. 2 Samuel 5:12

These few verses mentioned in Samuel of course weren't the end of bumps for David. He still had a war to fight with the Philistines, a great sin to commit where he fell big time, and a lot of other things. But through it all, God was there to brush him off, lift him up, and gently remind David of His presence.

3. Naomi.

Naomi is another great example of how God just gently lifts us up when we are at a low point in our lives. Have you ever been at that grieving stage when all you can do is cry? Sometimes we get like a small child who's fallen down and is left crying with his hurt and pain. We have to be reminded that there's a God who will eventually lift us up and say, "upsy daisy". Look at Naomi. Her husband had died and her sons. It seemed like death surrounded her.

I love this story because it shows that sometimes God doesn't want us to walk alone after we've had an "upsy daisy" moment. Sometimes God may give us a friend to go through something with us or He may provide a church of loving people who are there to encourage us right when we need it. Like Naomi, we may think we don't need someone else to be there for us but God knows best. God had Ruth, Naomi's daughter-in-law there for her to be with her and even travel with her back to Naomi's homeland. I think that's just so great that God gave Naomi a traveling companion. Sometimes when we've had those "upsy daisy" moments, it is hard to get walking straight again and sometimes we may need a friend to walk there beside us. God's aware of what we need and whom we need in our lives. It's His way of laying His hand on us and gently telling us that it's going to be okay.

And they lifted up their voice, and wept again: and Orpah kissed her mother in law; but Ruth clave unto her. And she said, Behold, thy sister in law is gone back unto her people, and unto her gods: return thou after thy sister in law. And Ruth said, Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God: Where thou diest, will I die, and there will I be buried: the LORD do so to me, and more also, if ought but death part thee and me. When she saw that she was stedfastly minded to go with her, then she left speaking unto her. So they two went until they came to Bethlehem. And it came to pass, when they were come to Bethlehem, that all the city was moved about them, and they said, Is this Naomi? And she said unto them, Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me. Ruth 1:14-20

In the end and through circumstances that only God could have brought about, Naomi was put back on her feet. Her daughter-in-law, Ruth, gave Naomi a grandson. It was one of God's ways of telling Naomi that He was still there with her lifting her up.

And the women said unto Naomi, Blessed be the LORD, which hath not left thee this day without a kinsman, that his name may be famous in Israel. And he shall be unto thee a

restorer of thy life, and a nourisher of thine old age: for thy daughter in law, which loveth thee, which is better to thee than seven sons, hath born him. Ruth 4:14-15

Conclusion:

Maybe you feel like your life has been turned over on its head and you are feeling the pressure of an “upsy daisy” moment. Just hold on. God knows you are down. He’s not far from you. I know it’s hard to be thankful for those “upsy daisy” moments in our lives but don’t you just love the fact that it is God that does the “upsy” part. It is Him that lifts us up. It may be through several circumstances that work together but God has His hand working in all of it.

There’s been many a moment that I’ve wondered why I’d been brought so low but those are the moments that I’ve seen God the closest and had to rely on His encouragement the most. If I just look around for Him and listen to His voice I know He’s there even when I’m down and I know I can get through anything when I have Him with me. God has that way of giving us His presence and saying, “upsy daisy”. It’s all going to be okay. You’ll get back on your feet again. Up you go!

So, are you thankful for your “upsy daisy” moments?