



## Stir It Up!

One day, when our granddaughter Ashley was small she said, "Meema, I have a song stuck in my head." I love that because it is a wonderful description of meditation. When we meditate in God's Word, we think on it constantly. We speak it over and over and over again. Our desire is for the Word of the Lord to be "stuck in our heart". Victorious living begins in the heart. Out of the fullness of our heart, our mouth speaks. This cycle of meditation is like planting seed in a garden. We plant the seed. We water the seed. We expect it to bear fruit. We expect good results, really good results.

Now, let me ask you two simple questions. What would happen if on Monday I opened the refrigerator and the food I really desired was gone? I desperately wanted a piece of pie, but there was none. What would I do? Ah, if that is what I wanted, I would "stir it up." I would find the recipe, gather together the ingredients, and "stir it up."

It is the same in the spirit. If we want joy, if we want happiness, if we want victory, we "stir it up". There is victory in Jesus. Through the shed blood of our Lord Jesus Christ, we can overcome the world. Stir that up! The joy of the Lord is our strength. Stir that up! God will keep us in perfect peace. Stir that up! Don't sit and weep and whine and wail because then weeping, whining, and wailing will prevail.

Don't, "Sing all is lost and gone for me. I don't know what I'll ever be."

Instead, "Sing Hallelujah to the Lord. Sing Hallelujah to the Lord."<sup>1</sup>

Entertain victory. Meditate in God's promises. Remember, if we want lemon pie, we do not use cocoa powder. So don't stir the words of the world, the



flesh, or the devil. Stir in God's Word! Stir it up, and speak it out!

In our kitchen, we have a 5' island. More than once, I've walked 'round and 'round that island attempting to stir myself up and overcome some dilemma. Any minute I'm going to say, "Praise the Lord," just any minute. I know I can say it. I know I can. On one occasion, I don't know how many times I went "'round and 'round". It seemed like miles. I just couldn't get the words out. I didn't want to say,

"Praise the Lord." I wanted to say, "All is lost. All is gone."

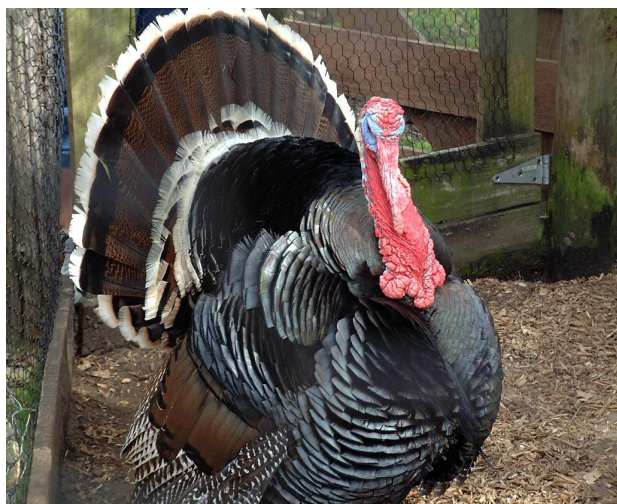
I wanted to sing, "There's misery at my house..."

I wanted to sing, "What a day this will be when the bank is calling me, when the doctor's report is in. I

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don't know where I will begin. Maybe I'll just go back to bed and cover up my head..."

No! Stir something up! What is it you want? Stir it up! Stir it up! Get in there and stir it up! If you go back to bed and cover up your head, when you finally



*Happy Thanksgiving!*

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must get out of bed, the problem you face, the dilemma, is still there. You still have to face it. You still have to stir yourself up.

How are we going to stir yourself up? Will it help to sing, "There's misery at my house"? Will we benefit from a chorus of, "Nobody knows the trouble that I've seen. Nobody knows my sorrow." <sup>2</sup> No, those are not good songs for a down day. It will take a whole lot of stirring to uproot those seeds from our spirit.

A friend told me she always had a plan for a blue day. She kept her blue day tennis shoes by the door. When she was feeling down, she put on those tennis shoes and walked in her neighborhood until she was filled with joy. She was not walking and meditating on down thoughts of loss or failure. She was walking and thinking on the Word of God, walking and meditating on His promises, stirring herself up by pondering the greatness of her God. She knew the Word would work mightily.

When we focus on our problem instead of the greatness of God, our dilemma seems to loom larger and larger and somehow God begins to shrink. He appears smaller and smaller. We must remember, however, that He is the Creator. He is the Creator and He is "great big". He is "great big" and He is

committed to us. He said, "I'll never leave you or forsake you." <sup>3</sup> He promised, "Lo, I am with you always." <sup>4</sup> And, "God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?" <sup>5</sup>

So I can stir myself up and say, "God, I know you keep your word. I know you're the Creator and you're bigger than man. I know you're bigger than this office, bigger than this bank, bigger than this insurance claim. You are bigger and you are faithful."

What can we do if this doesn't work? We can ask for help! Everyone needs a dear friend, someone with faith, who will not agree with their misery. We cherish these friends as they sing with us, pray with us, and remind us of God's Word. We can depend on their strength and the strength of the body of Christ. As "iron sharpeneth iron; so a man sharpeneth the countenance of his friend." <sup>6</sup>

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<sup>1</sup> "Sing Hallelujah" by Linda Stassen, New Song Ministries, P.O. Box 11662, Costa Mesa, CA 92627

<sup>2</sup> "Nobody Knows The Trouble I've Seen" arr. by Sam Cooke

<sup>3</sup> Hebrews 13:5

<sup>4</sup> Matthew 28:20

<sup>5</sup> Numbers 23:19

<sup>6</sup> Proverbs 27:17

*The preceding article is was taken from the message entitled "Quantity and Quality of Life". To obtain a copy of the entire message, send \$6 to P.O. Box 3283, Lakeland, FL 33802-3283. We'll send it to you postage paid.*

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## *Itinerary*

Family Worship Center  
Florence, South Carolina  
November 11-13, 2007

