



A photograph of a man with a beard and short hair, wearing a striped shirt, looking upwards. A black sunburst graphic with radiating lines and a central circle is positioned above his head, partially obscured by bare tree branches. The background consists of many thin, light-colored tree branches against a bright sky.

**HOW TO KEEP LOOKING UP  
WHEN YOU ARE FEELING DOWN**

S E R M O N   G U I D E

## No Limits with Pastor Delman

# How To Keep Looking Up When You're Feeling Down

John 11:25-26

## INTRODUCTION

## NOTES

Life has a way of dealing us one difficult blow after another. And when we feel down, it is not unusual to find ourselves looking down. We look down by falling into despair. We look down by worrying about the future. We look down by contemplating giving up and throwing in the towel, not just on the problem, but for some, on life altogether. But we don't have to keep looking down. Instead, we can choose to keep looking up. For if we continue to up, we are refusing to let what we're going through get to us. No matter how bad things appear at the moment, and no matter how painful your reality is, your outlook can impact your outcome. So in this message, I want us to take a look at three things we can do to keep looking up when we're feeling down.

## KEY POINTS

## **1. Keep Coming To Jesus**

There are plenty of reasons you can justify in your head to stop coming to Jesus when life gets tough and you're feeling down. Maybe you feel shame. Maybe you blame yourself for what you're going through. Maybe you blame God for allowing these circumstances to happen. Whatever the case is, you think it's okay to distance yourself from God when in reality, that's the last thing you should do when you're feeling down.

The path to turning things around is paved by perseverance, and that includes perseverance in your relationship with Jesus. James 1:3 says, “the testing of your faith produces endurance.” Anyone can have a strong faith when things are going well. But it’s when life gets messy that the genuineness of our faith is put to the test. So when you’re feeling down, keep coming to Jesus, and watch as He strengthens your faith as you endure the circumstances in your path.

## **2. Keep Talking To Jesus**

In today's key passage, after Marry and Martha come to Jesus, they both talk to Jesus about what they are going through. They're both very honest with Him about how they're feeling. You can practically hear the pain in their voice when they say, "Lord if you had been here, my brother would not have died." That's a bold thing to say to the Son of God. But they had a personal relationship with Jesus. They knew Him. And so they felt comfortable talking to Him, no matter what it was they wanted to talk about.

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The same can be true for you and me. When we have a personal relationship with Jesus, when we've made a point to get to know Him, we will feel more comfortable talking to Him, no matter the circumstances. We'll feel the freedom to be honest with Him about our feelings and to share with Him whatever is weighing on our hearts. When we are feeling down, we need to follow Mary and Martha's example and keep talking to Jesus.

## NOTES

### **3. Keep Putting Your Trust In Jesus**

After telling Martha that He is the resurrection and the life, Jesus asks her whether she believes that those who believe in Him will live even though they die, and that everyone who lives and believes in Him will never die. He asks her that because her first declaration of faith in verse 22 was for what she wanted. Now, Jesus wanted to know whether her faith was attached to Him just for who He was.

That is what faith is all about. It's not just having faith to get what you want. It's faith to believe in Jesus just for who He is. Faith is when you can thank Him when things are going well, and still thank Him when they aren't. It's when you can bless the Lord when you're on cloud nine in the relationship, and when things are on the rocks.

That's exactly what Martha did. She replied, "Yes, I believe that you are the Messiah." And do you know what happened next? Jesus calls Lazarus by name, and he emerges from the grave, and it all happened because they kept looking up when they were feeling down and they put their trust in Jesus regardless of what their circumstances looked like.

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**QUESTIONS TO CONSIDER**

1. Has there been a time when you've distanced yourself from God when your circumstances were tough? Why did you distance yourself from Him?
2. Do you feel the freedom to talk to Jesus openly about whatever is on your heart? Why or why not?
3. What is a circumstance you're currently facing that is tempting you to feel down and look down? What is one way you can keep looking up despite the difficulty of this circumstance?

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