

2. Walk Tall

Psalm 3:3 says, "But you O Lord, are a shield about me, my glory, and the lifter of my head". Have you ever been told to sit up straight or stand up straight? I know I have, probably most of my life. In fact it's not that long ago before she moved to New Jersey a young lady would tell me to pull my shoulders back you're slumping. One of the things you might have said to someone is keep your chin up when they were going through something tough. That's not always easy but we don't have to do it alone because Jesus is the lifter of our head. The significance of this trust comes out as we read in 2 Samuel 15:30. David, totally humiliated, went barefoot over Olivet, weeping with his head bent down and muffled in his mantle; no glory or dignity left; mute and humiliated. Yet, David is still confident that as Jehovah raised him from shepherd boy to King, and restored him from past troubles, He can even now save him from Absalom and restore him to the throne.

If you act as though the world is on your shoulders, you will find it hard to live the joyful abundant life promised through Jesus. When we are trying to pick our chin up and get above it we tend to slump and pull our shoulders in. Walk tall!! Show confidence and enthusiasm. You can deliberately make yourself enthusiastic. Even if you don't feel like it, stand tall, throwback your shoulders and breathe deep. Remind yourself that He is the lifter of your head. Act as if you are enthusiastic and pretty soon you will be as you keep trusting in Jesus.

In I Kings 19 after Elijah was the spokesperson for God in a show down with the prophets of Baal, Elijah is on the run, afraid for his life. After God feeds him and strengthens him for a journey He ends up in a cave and God ask him this question twice, "What are you doing here Elijah?" It's one of my favorite questions in the Bible. God in his intimacy and care addresses him by name. Elijah tells God he's afraid for his life and feels alone like he's the only one who honors Him. His head is down. His shoulders are slumped. He's done and wants to die. But God is not finished with him yet. So God causes a great wind, an earthquake and then a fire but God was not in any of them. Then there was the sound of a low whisper. When Elijah heard it he wrapped his face in his cloak and stood at the entrance of the cave. God asks him again, "What are you doing here, Elijah?" as if to say "why are you under the circumstances and not above them" or "why are your shoulders slumped and your chin on your chest." I've put my own name in that question a number of times when my head was down and I was throwing a pity party for myself. Others in my life have also asked it and I've asked others when their head is down and their tired and slumped over, "What are you doing here, _____?" I use different inflections and wonder what inflection God used with Elijah. The journey back, the way to stand tall is to hear the still, small voice of God's Spirit speaking to us through his Word. Stand Tall! I Am the lifter of your head.