

5—Raised to Life

2/9/24

INTRO:

I. → Psalms 30:1-5

*1 I will exalt you, YAWHEH,
for you have **lifted me up**,
and have not let my enemies rejoice over me.
YAWHEH my God,
I cried out to you, and you **healed me**.
YAWHEH, you have **raised up my soul** from Sheol;
you have **kept me alive** from going down to the pit.
→ 4 Sing praise to YAHWEH, you his faithful ones,
and give thanks at the remembrance of his holiness.
For his anger is for a moment,
his favor is for a **lifetime**;
Weeping may remain for a night,
but rejoicing comes in the morning.*

II. Heb (chayah) to give life, refresh, revive

BODY:

I. Restoring Our Health

*I cried out to you, and you **healed** me.*

A. The question of healing is not binary—healed or not healed.

1) Heb (*rapha*) to restore, to make healthful, be made functional, fruitful and fulfilled

2) Psalms 41:1-3

How blessed is he who considers the helpless; The Lord will deliver him in a day of trouble . . . The Lord will sustain him upon his sickbed; In his illness, You restore him to health. (NASB)

2) CELL REGENERATION IN THE HUMAN BODY

a) Stomach (2-4 days)

b) Skin cells (10-30 days)

- c) Red blood cells (4 months)
- d) White blood cells (1 year)
- e) Liver (6-12 months)
- f) Bones (10 years)
- g) Brain (lifetime)

B. Jesus wants to restore every part of our lives.

1) **James 5:15-16**

*And the prayer of faith shall **save** the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be **healed**. (KJV)*

2) **PRAYING FOR STEVE CODDINGTON**

II. Raising Up Our Souls

You have **raised up** my **soul** from Sheol;

A. One of the greatest challenges of life is our own mortality.

1) **Hebrews 2:14-16**

He too shared in their humanity so that by his death he might break the power of him who holds the power of death . . . and free those who all their lives were held in slavery by their fear of death.

2) **GILGAMESH OF URUK MOURNING FOR ENKIDU**

*"I began to fear death, and so roam the wilderness.
The issue of my friend oppresses me,
so I have been roaming long trails through the wilderness.
The issue of Enkidu, my friend, oppresses me,
so I have been roaming long roads through the wilderness.
How can I stay silent, how can I be still!
My friend whom I love has turned to clay;
Enkidu, my friend whom I love, has turned to clay!
Am I not like him! Will I lie down, never to get up again!"*

B. The Spirit of Christ revives the very purpose in our hearts.

1) **Hosea 6:1-2**

*Come, and let us return to the Lord;
For He has torn, but He will heal us;
He has stricken, but He will bind us up.
After two days He will **revive us**;
On the third day He will **raise us up**,
That we may live in His sight. (NKJV)*

2) **TRUMP TOWER IN GAZA STRIP**

III. Renewing Our Lives

*For his anger is for a moment, his favor is for a **lifetime**;*

Heb (*chayim*) life plural, lifetime

A. His resurrection power renews us throughout our lives.

1) **2 Corinthians 4:16**

*Therefore we do not lose heart. Though outwardly we are
wasting away, yet inwardly we are being renewed day by
day.*

2) **RISEN—A DAY WITHOUT DEATH**

And end to travail. A day without death. Peace.

B. Nobody gets to say when we are done except the Lord.

1) **Psalms 90:10**

*Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.*

2) **DAD SAYING “NOBODY RINGS THAT BELL”**

OTHER SCRIPTURES:

John 5:39-40

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.

1 Timothy 6:19

In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.