

Wake Up

(How to save your own life)
(SERIES: 12 Steps Up; 01 of 12)
by Dr. David Foster

"... **Wake up**, O sleeper, rise from the dead, and Christ will shine on you." (Eph 5:14)

Waking up Wayward

I will **shout** at you.

I will **should** you.

I will **shame** you.

I will **shun** you.

The Sleepwalking Waltz

Nursing **the wound**.

Medicating **the pain**.

"As for you, **YOU WERE DEAD IN YOUR TRANSGRESSIONS AND SINS**, in which you used to live when you followed the ways of this worldBut because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus," (Eph 2:1-6)

Masking **insanity**.

"They dress the wound of my people as though it were not serious. '**Peace, peace,**' they say, when there is no peace." (Jer 8:11)

Hiding **the evidence**.

". . . 'God opposes the proud but gives grace to the humble.' Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time." (1 Pet 5:5-6)

Waking up to E.S.P.N.

I am willing to be **exposed**.

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. Blessed is the man who always fears the LORD, but he who hardens his heart falls into trouble." (Prov 28:13-14)

I am ready to **surrender**.

". . . Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature? Thank God! **It has been done by Jesus Christ our Lord**. He has set me free." (Rom 7:24-25)

"The LORD is close to the brokenhearted and saves those who are crushed in spirit." (Psa 34:18)

I stand on the **promises**.

"Jesus told her, 'I am the one who raises the dead and gives them life again. Anyone who believes in me, even though he dies like anyone else, shall live again. He is given eternal life for believing in me and shall never perish. Do you believe this, Martha?'" (John 11:25-26)

I answer to a **new name**.

"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is. Everyone who has this hope in him purifies himself, just as he is pure." (1JO 3:1-3 NIV)