

## THE PEACE FOUND IN STANDING

Written by

Tuesday, 26 January 2010 19:30 - Last Updated Tuesday, 26 January 2010 19:36

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*Devotional done by Sean from [standforyourmarriage.org](http://standforyourmarriage.org)*

*2 Chronicles 20:17*

*You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the LORD will be with you.' "*

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Today I would like to share with you a perspective that involves pushing ones normal plane of thought!

Take a deep brief of air and breath it deep into the stomach. (only do the next part if you are reasonably fit and do not have back problems).

Now, assume the usual 'PUSH UP' position and simply hold that position. Ones arms will begin to tremble, legs will shake and your torso will burn. Aim for 3 minutes. When you think you can take no more, cast your mind to a beautiful place, better still imagine our Christ being flogged prior to the crucifixion. Aim for another 2 minutes. Already by now, one has lasted longer in this position by the change of focus of ones own bodily pain to the spiritual comparison to how Jesus had suffered for us.

*Matthew 10:22*

*All men will hate you because of me, but he who stands firm to the end will be saved.*

This is a simple exercise yet effective in getting out of our own self pity. We find when our focus is turned to Jesus, we can endure far more than we could on our own.

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*Exodus 14:13*

*Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again"*

Now I bet that whilst you were enduring this exercise, all you were wishing for was to STAND!!

And this is where I find the easy part, all the pain disappears when we get up and STAND.

By now one may be thinking what is the real point in all this:

*Psalm 20:7-8*

*Some trust in chariots and some in horses, but we trust in the name of the LORD our God. They are brought to their knees and fall, but we rise up and stand firm*

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Much of my short time Standing, has been painful; when I am alone in our matrimonial bed, pining the night away or at the dinner table lamenting the day I came out of my mothers womb!

Sitting at work, worrying how bills are going to payed, where am I going to stay or staring out windows wondering whether or not my prodigal is ok, is she happy, why is she happy etc.

*Psalm 30:7*

*O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.*

My point is, during all this wasted time of fretting and worrying away through the pain ( The spiritual PUSH UP), I have now been shown, that all one needs to do is STAND, Our Lord and Father does the rest.

STAND, STAND, STAND! Every time you feel it is getting unbearable, take a deep breath into your stomach and STAND UP! Praise our Father Almighty, I promise you will get through and even be edified by it.

*Matthew 24:12-13*

*Because of the increase of wickedness, the love of most will grow cold, but he who stands firm to the end will be saved.*

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You will have your Faith strengthened. Believe!!

*Luke 21:19*

*By standing firm you will gain life.*

Strength and God Bless to all

Stander Sean

*2 Corinthians 1:21-22*

*Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.*

*Psalm 33:11*

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*But the plans of the LORD stand firm forever, the purposes of his heart through all generations.*

*Psalm 40:2*

*He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.*

*Psalm 89:2*

*I will declare that your love stands firm forever, that you established your faithfulness in heaven itself.*

☐☐☐ *Psalm 93:5*

*Your statutes stand firm; holiness adorns your house for endless days, O LORD.*

☐☐☐ *Psalm 119:89*

*Your word, O LORD, is eternal; it stands firm in the heavens.*

*Proverbs 10:25*

*When the storm has swept by, the wicked are gone, but the righteous stand firm forever.*

☐☐☐ *Proverbs 12:7*

*Wicked men are overthrown and are no more, but the house of the righteous stands firm.*