

# Looking Upward



## Through the Storms of Life

6 ... to me, that I sojourn  
that I dwell among  
Too long have I had my  
among those who have  
7 I am for peace,  
but when I speak, they  
My Help Comes from the LORD  
121 A SONG OF ASCENTS.  
I lift up my eyes to the hills,  
From where does my help come?  
My help comes from the LORD,  
who made heaven and earth.  
He will not let your foot be moved,  
and he who keeps you will not  
be rebuked.





# Looking Upward



**“Sorrow looks  
back, Worry  
looks around,  
Faith looks  
up.” - Emerson**

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# Looking Upward



## Sorrow Looks Back

- Sorrow inhibits us from moving forward
- Sorrow can make it hard to look up
- Sorrow sees no solution

6 ... to me, that I sorrow  
that I dwell among  
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among those who have  
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but when I speak, they  
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## Worry Looks Around

- Worry creates an unnecessary distraction
- Worry is cumbersome
- Worrying makes things worse

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## Faith Looks Up

- Look up for motivation
- Look up for comfort
- Look up for guidance

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