

TODAY'S MEMORY VERSE

PSALM 30:1

"I WILL EXALT YOU, O' LORD, FOR YOU LIFTED ME
OUT OF THE DEPTHS."



Sticky Words

EXALT

- To raise from a lower to a higher position: elevate
- To raise in rank or condition
- To move from one place to another
- An elevation of the spirit
- An elevating influence
- Assistance or help

Lift

- Raise something or someone to a higher level or position
- To elevate by praise,
- To enhance the activity of
- An elevation of the spirit
- An elevating Influence

Let's Think About It

Depth

- A place far below a surface or far inside something
- A profound or intense state (as of thought or feeling) for example, the depths of sorrow;
- Low condition the worst part

When we break down the sticky words in Psalm 30:1, we can see that we exalt the Lord when we praise Him. We raise Him above all else including our problems. We should always move God to the highest position in our life.

The Lord elevates our spirit by lifting us when we are in our lowest condition or feeling our worst! God's influence in our life raises us to a higher level above our problems or worries.

God is a refuge

God lifts you up