

## HIND'S FEET ON HIGH PLACES

### Chapter 4 Study Notes – Start For The High Places

Today's underlying message is all about humility and the pain Jesus uses to lower us to that place of humbleness. We may not like how the Lord uses affliction to deliver us, but we are so very strengthened by the end result of such trials, becoming more able to endure until the very end. To the very end of ourselves that is...

I have to admit this chapter was somewhat difficult for me... I think because I can so relate to her, it really touches the sensitive parts of my heart. I didn't anticipate this chapter making me cry, but it did and I hope when I read it today I can get through it.

How I relate to Much Afraid still, was being somewhat overlooked by me honestly. At times I do have overwhelming sorrow and suffering as my companions, still fearful at times wondering how I can possibly bear anymore or either or both and I will flounder at times in a state of... when the next event will unfold and wondering if it will be the one that pushes me over the edge forever.

Can I be honest? I didn't like this chapter, because it pulled back the veil, exposing areas within me I simply refuse to look upon that question everything at times. In all this one thing the Lord showed me how I/we through ourselves into things to distract ourselves from peering into the truth of us... sort of like running away from Jesus as our Shepherd. Personally, it is work, I throw myself into work – God's work is 24-7 so its easy to always find something or someone in need... And although it is important, He is more important or rather is supposed to be – the work He is doing within us personally is of much more eternal value than anything we might accomplish here on Earth, even if it is solely for His Kingdom. I think I had forgotten that or maybe neglected to accept it until... chapter 4. The sooner we read it together, the sooner I can put it behind me, because like I said... I didn't particularly like how it moved me to tears and vulnerability.

Ever since we started this study I have been under severe attack from the enemy. So please keep me covered in prayer. Just within the last couple weeks, I've had food poisoning, been attacked by the neighbor's dog and my computer broke and had to be taken in for repair – leaving me without a way to work.

#### Today's Scriptures:

##### Mathew 23:11-12

*The **greatest** among you will be your **servant**. For those who **exalt themselves will be humbled**, and those who **humble themselves will be exalted**.*

- *Humbled means "abased" in Greek.*
- *Meaning – to be brought low, humbled, have all haughtiness removed, have a modest opinion of yourself, humiliate to remove pride*
- *Exalt means to be lifted up*

##### Phillipians 2:14-18

*Do everything without **grumbling or arguing**, so that you may become blameless and pure, "children of God **without fault** in a warped and crooked generation."<sup>16</sup> **Then you will shine among them like stars in the sky as you hold firmly to the word of life**. And then I will be able to boast on the day of Christ that I*

did not run or labor in *vain*. But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. So you too should be glad and rejoice with me.

## **2 Corinthians 1:8-9**

We do not want you to be uninformed, brothers and sisters,<sup>[a]</sup> about the *troubles we experienced* in the province of Asia. We were *under great pressure, far beyond our ability to endure*, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But *this happened that we might not rely on ourselves but on God, who raises the dead*.

## **2 Corinthians 12:5-10**

I will boast about a man like that, but *I will not boast about myself, except about my weaknesses*. Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But *I refrain, so no one will think more of me* than is warranted by what I do or say, or because of these surpassingly great revelations. Therefore, *in order to keep me from becoming conceited*, I was given a *thorn in my flesh, a messenger of Satan, to torment me*. Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will *boast all the more gladly about my weaknesses, so that Christ's power may rest on me*. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. *For when I am weak, then I am strong*.

## **Mark 9:23-24**

"If you can?" said Jesus. "*Everything is possible for one who believes*."

Immediately the boy's father exclaimed, "I do believe; *help me overcome my unbelief!*"

## **John 14:27**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid*.

## **CHAPTER 4 – Start For The High Places**

### **STUDY QUESTIONS:**

**Are you able to spiritually see the pride in Much Afraid's life, which is something easily overlooked due to her outward brokenness and being lame to the point she has difficulty walking?**

*A tale tell sign of pride that we do not often consider is – grumbling, murmuring and complaining. Which to some extent we all do at times, but many have a countenance of grumbling and complaining – they have a*

*problem for every solution it seems. Their days are always gloomy, nothing ever goes right it seems – so much so they have a constant complaint on their hearts that rolls out continually off their tongues. We cannot worship the Lord with a grateful heart and complain at the same time. And just like Much Afraid is crippled in body, we too can hobble along crippled in our souls when we gravitate towards murmuring. Being purged of all pride, especially that masked as lameness, will keep us steady in this life no matter if we are footed in the high or low places.*

### **Do you take time away to just observe the handiwork of the Lord which surrounds you?**

*The Bible tells us... Let everything that has breath praise the Lord. We often forget to take the time to become one with all of His creation, including nature and our surroundings, while paying close attention to how such creation admires, honors and reflects our Creator. By the lifting up of our heads and actually participating in praise worthy things like the birds, trees, the air we breathe, the oceans, lakes and mountains... It will create within us a beautiful and praiseworthy heart of gratitude in full glory of His majesty.*

### **Have you ever felt like why me God? Why did you even create me?**

*I believe at some point in time all of us have been like Much Afraid, covered in pain and shame to the point we asked the Lord – why did He create us, just like Job did. Again... not often pointed out, but this too is pride. Who are we to tell the one and only mighty Creator, that He made a mistake. Two key factors on this... We sometimes make terrible life choices than injure us mentally and or physically and blame Him for the result or we complain about how He created us to be, instead of thanking Him for giving us life. No one on Earth right now is a mistake and He knew each of us before He formed us in our mother's womb... He made us in His image to also be poured out like a drink offering to assist those drawn to us in their time of need. Every detail was arranged in our bodies in order to draw those to His light shining forth from within us. In order to spread His Gospel, we must be approachable by those He is sending us to reach. So next time when you want to complain about how He created you – instead thank Him for how He formed you to be of greatest service unto Him and bringing Him the most glory possible once you are sent. Once we let go of all things, including our outward appearance, we begin to see more clearly our purposes here on Earth as His servant, while He is working all things together for good.*

### **Do you struggle at times with unbelief or having little faith?**

*All I can say on this one is yes and yes... Sometimes I will beat myself up over and over because my faith is not what it should be considering trusting Jesus in times of peril or worry over loss. But I found a most magnificent treasure in our scriptures today that I want to reiterate – it was:*

#### **Mark 9:23-24**

*"If you can'?" said Jesus. **"Everything is possible for one who believes."***

*Immediately the boy's father exclaimed, **"I do believe; help me overcome my unbelief!"***

*Indeed! We can definitely do that... we can call upon Jesus to **HELP US OVERCOME OUR UNBELIEF** in those times! This is truly exciting to me. Especially since we have a tendency to hide from Him when we are not having faith or believing in a miracle. Or at least that is what I do often do... Its embarrassing to not have faith and believe.*

*But today we were granted a pearl – to just cry out to Jesus to HELP US OVERCOME OUR UNBELIEF from this day forward.*

### **How do you handle wounds from a friend or loving someone who did not reciprocate that same love?**

The Lord tells us in His Word – to not be a record keeper of wrongs done to us... and for me, that almost seemed like an unsurmountable and unreasonable request until about five years ago or so. When we cling to prideful ways, we will greatly hinder the work of the Lord in our lives, plus suffer lessons learned the hard way. If that is you today, listen, I know no one wants to be like this – I sure didn't... But we have a choice, love is choice always... We can either hold tight to those wrongs, creating further injury in the heart or let them go, letting Jesus and His love come in and heal us.

All of this stems from expectations... my worst fault in this was EXPECTING others to love me as I love them... but most cannot because someone cannot give away something they do not have... Authentic and true love vessels, who never seek to purposely harm others with a desire to actually pour love into someone in that they experience true love, is such a rare happenstance in today's societal world. Just like it was written... people will be lovers of self, they are most generally. They give to get, not freely give.

Here's where I messed up back then... I wanted that person to suffer the same pain they caused me so they would stop hurting me. Certainly not one of my finer moments... but it is what it is. I am probably just simple enough to share openly what many refuse to admit and be a gazingstock... Definitely a time when you should do as I say, not as I did... I wasn't necessarily wanting this to cause pain, but rather I thought if the person knew how much pain their actions caused they would stop. Nope. Not necessarily... Here's what the Lord showed me, that is taking matters into my own hands even to the point of requiring an eye for eye type of response and sadly, there are people in our lives who simply do not care if they hurt you – because your life is all about them. This is what happens when we lean unto our own understanding and do not put away childish ways...

So how do we respond from those Judas wounds and when someone does not reciprocate our love... First off, your "kind" will reciprocate your love because you have a singular communion you share based in the love of Jesus. So we are not to draw love from empty wells, doing so we will come up empty. When we stop keeping track of wrongs, it is time to let the healing begin... Jesus does this intimately, He heals our wounds and mends our broken hearts, because He is the love we've been waiting for all our lives. People will always disappoint us – expect it, have no conditions or expectations on how they show you love, or not. Jesus on the other hand is happy to love us unto wholeness, to meet us where we are and keep us whole inside His love like no one else can. We use His love to pour into others and not our own, therefore we are never depleted or fragmented. No one can meet all our expectations, by thinking they can we end up desolate with lists of their wrongdoings. Perfection comes from the One above... our Precious Lord Jesus that our soul cries out for continually. And the best part... He comes when we call for Him, every single time.

### **Do we receive with joy our companions of sorrow and suffering, realizing to go low is the one way to go up into the high places of victory and maintain stability in the low ones, in Jesus or do we run from adversity, seeking to save our own lives?**

I wish I could say yes to this question as if I never stumble into the pit of worry... but that would be a lie and I am not writing this study to lord it over you that I have everything figured out, but rather to grow with you. Quite often we run from sorrow and suffering, feeling as if we cannot bear one more thing or we will crumble. Both

are essential to learning of Jesus as our deliverer and comforter and source of peace. It is in the secret place we often find Him when we need Him the most. But the fear of what is to come and what we must face is most certainly real and Jesus understands this too. We cannot forget He even cried out saying... Father why have You forsaken me? He also was so weak the Father sent an angel to comfort Him and strengthen Him, like I've mentioned before. We are needy... and when in need, just like Jesus would depart to be alone in the mountains to commune with the Father... we need Him to fill us in times of weakness with His strength, in place of our own. No amount of preparation outside of spiritual preparedness can ready us for what is to come into our lives to turn them upside down. It is becoming much more clear as to why the Lord told us that those who seek to save their own lives will lose it – but those of us who lose our lives for His sake shall find eternal life.

By handing all of our tomorrows over to the Lord, we find peace restored by His touch. We may not know what tomorrow will bring, but we know the One intimately that holds all of our tomorrows in His hands. It has been my experience the only way to learn of humility His way is to fall into His breaking of us by His use of sorrow and suffering. One thing that is promised, once all is said and done, we will see without any blinders on that it was all worth it in the end. At this point, there is not turning back... we've come too far, so we will take His hand and trust Him to lead us into the high places and carry us through the low ones.