

UP ON THE ROOF (repeat)
FAIRVIEW TEXAS CHURCH OF GOD
May 26, 2007

Nita said this morning that it seems like everything she picks up today has to do with "worry". She read 5 articles on the topic in her latest issue of "Guideposts".

Nita's new sister-in-law sent this in an email today:

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." "Relax; pick them up later after you've rested. Life is short. Enjoy it!"

And then he shared some ways of dealing with the burdens of life:

- * Accept that some days you're the pigeon, and some days you're the statue.
- * Always keep your words soft and sweet, just in case you have to eat them.
- * Always read stuff that will make you look good if you die in the middle of it.
- * Drive carefully. It's not only cars that can be recalled by their maker.
- * If you can't be kind, at least have the decency to be vague.
- * If you lend someone \$20 and never see that person again, it was probably worth it.
- * Never buy a car you can't push.
- * Nobody cares if you can't dance well. Just get up and dance.
- * When everything's coming your way, you're in the wrong lane.
- * Birthdays are good for you. The more you have, the longer you live.
- * Some mistakes are too much fun to only make once.
- * A truly happy person is one who can enjoy the scenery on a detour.

Once again, a song from the 60's comes to mind that, though secular in its words, comes very close to Biblical teachings.

"Up on the Roof" was a hit song twice - being recorded by The Drifters in 1962 and James Taylor in 1979. It was written by Carole King (the subject of Neil Sedaka's song "Carole")

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When this old world starts a getting me down
And people are just too much for me to face
I'll climb way up to the top of the stairs
And all my cares just drift right into space

On the roof, it's peaceful as can be
And there the world below don't bother me, no, no

So when I come home feeling tired and beat
I'll go up where the air is fresh and sweet
I'll get far away from the hustling crowd
And all the rat-race noise down in the street

On the roof, that's the only place I know
Look at the city, baby
Where you just have to wish to make it so
Let's go up on the roof

And at night the stars they put on a show for free
And, darling, you can share it all with me
That's what I said
Keep on telling you

That right smack dab in the middle of town
I found a paradise that's trouble proof
And if this old world starts a getting you down
There's room enough for two
Up on the roof...

How does the world get you down?

Do you remember the Chinese Water Torture --- drip, drip, drip? Little things build up in our lives until we often feel we can't take any more. Then one more thing happens - the "straw that breaks the camel's back".

There is also the adage about putting the frog in cold water and gradually turning up the heat. If you put a frog into a pot of hot water, it will jump out. But if you put it into cold water and turn up the heat slowly, he will boil to death. He will not notice the boiling water until it is too late to escape it.

We all need a "roof" to go to for escape -- where is yours?

Matthew 6:

- 1 "Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven.

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- 2 "Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward.
- 3 "But when you do a charitable deed, do not let your left hand know what your right hand is doing,
- 4 "that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.
- 5 ¶ "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.
- 6 "But you, when you pray, **go into your room**, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.
- 7 "And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.
- 8 "Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

tameion – 5009 in Strong's Concordance

1. a storechamber, storeroom

2. a chamber; a secret room

It refers to a chamber on the ground-floor or interior of an Oriental house -- generally used for storage or privacy -- a spot for retirement -- secret, chamber, closet, storehouse

Luke 12:

- 22 Then He said to His disciples, "Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on.
- 23 "Life is more than food, and the body is more than clothing.
- 24 "Consider the ravens, for they neither sow nor reap, which have neither **storehouse** nor barn; and God feeds them. Of how much more value are you than the birds?
- 25 "And which of you by worrying can add one cubit to his stature?
- 26 "If you then are not able to do the least, why are you anxious for the rest?
- 27 "Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.
- 28 "If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?
- 29 "And do not seek what you should eat or what you should drink, nor have an anxious mind.
- 30 "For all these things the nations of the world seek after, and your Father knows that you need these things.
- 31 "But seek the kingdom of God, and all these things shall be added to you.

Matthew 24:

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- 23 "Then if anyone says to you, 'Look, here is the Christ!' or 'There!' do not believe it.
- 24 "For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect.
- 25 "See, I have told you beforehand.
- 26 "Therefore if they say to you, 'Look, He is in the desert!' do not go out; or 'Look, He is in **the inner rooms!**' do not believe it.

Luke 12:

- 1 In the meantime, when an innumerable multitude of people had gathered together, so that they trampled one another, He began to say to His disciples first of all, "Beware of the leaven of the Pharisees, which is hypocrisy.
- 2 "For there is nothing covered that will not be revealed, nor hidden that will not be known.
- 3 "Therefore whatever you have spoken in the dark will be heard in the light, and what you have spoken in the ear in **inner rooms** will be proclaimed on the housetops.

Matthew 6.6 second part = The Father, who hears in secret, will reward openly

He is our ultimate "roof"

Psalms 42:11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Job 5:

- 17 ¶ "Behold, happy is the man whom God corrects; Therefore do not despise the chastening of the Almighty.
- 18 For He bruises, but He binds up; He wounds, but His hands make whole.
- 19 He shall deliver you in six troubles, Yes, in seven no evil shall touch you.
- 20 In famine He shall redeem you from death, And in war from the power of the sword.
- 21 You shall be hidden from the scourge of the tongue, And you shall not be afraid of destruction when it comes.
- 22 You shall laugh at destruction and famine, And you shall not be afraid of the beasts of the earth.
- 23 For you shall have a covenant with the stones of the field, And the beasts of the field shall be at peace with you.
- 24 You shall know that your tent is in peace; You shall visit your dwelling and find nothing amiss.
- 25 You shall also know that your descendants shall be many, And your offspring like the grass of the earth.
- 26 You shall come to the grave at a full age, As a sheaf of grain ripens in its season.

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- 27 Behold, this we have searched out; It is true. Hear it, and know for yourself."

Psalms 138:

- 1 I will praise You with my whole heart; Before the gods I will sing praises to You.
- 2 I will worship toward Your holy temple, And praise Your name For Your lovingkindness and Your truth; For You have magnified Your word above all Your name.
- 3 In the day when I cried out, You answered me, And made me bold with strength in my soul.
- 4 All the kings of the earth shall praise You, O LORD, When they hear the words of Your mouth.
- 5 Yes, they shall sing of the ways of the LORD, For great is the glory of the LORD.
- 6 ¶ Though the LORD is on high, Yet He regards the lowly; But the proud He knows from afar.
- 7 Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand Against the wrath of my enemies, And Your right hand will save me.
- 8 The LORD will perfect that which concerns me; Your mercy, O LORD, endures forever; Do not forsake the works of Your hands.

Psalms 9:

- 1 I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works.
- 2 I will be glad and rejoice in You; I will sing praise to Your name, O Most High.
- 3 When my enemies turn back, They shall fall and perish at Your presence.
- 4 For You have maintained my right and my cause; You sat on the throne judging in righteousness.
- 5 You have rebuked the nations, You have destroyed the wicked; You have blotted out their name forever and ever.
- 6 O enemy, destructions are finished forever! And you have destroyed cities; Even their memory has perished.
- 7 But the LORD shall endure forever; He has prepared His throne for judgment.
- 8 He shall judge the world in righteousness, And He shall administer judgment for the peoples in uprightness.
- 9 The LORD also will be a refuge for the oppressed, A refuge in times of trouble.

Psalms 18:

- 1 I will love You, O LORD, my strength.
- 2 The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.
- 3 I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies.
- 4 The pangs of death surrounded me, And the floods of ungodliness made me

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afraid.

- 5 The sorrows of Sheol surrounded me; The snares of death confronted me.
- 6 In my distress I called upon the LORD, And cried out to my God; He heard my voice from His temple, And my cry came before Him, even to His ears.

Nahum 1:7 The LORD is good, A stronghold in the day of trouble; And He knows those who trust in Him.

Psalms 4:

- 1 Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.
- 2 How long, O you sons of men, Will you turn my glory to shame? How long will you love worthlessness And seek falsehood? Selah
- 3 But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him.
- 4 Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah
- 5 Offer the sacrifices of righteousness, And put your trust in the LORD.
- 6 ¶ There are many who say, "Who will show us any good?" LORD, lift up the light of Your countenance upon us.
- 7 You have put gladness in my heart, More than in the season that their grain and wine increased.
- 8 I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.

Job 37:14 "Listen to this, O Job; Stand still and consider the wondrous works of God.

Psalms 46:

- 1 God is our refuge and strength, A very present help in trouble.
- 2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;
- 3 Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah
- 4 There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.
- 5 God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.
- 6 ¶ The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.
- 7 The LORD of hosts is with us; The God of Jacob is our refuge. Selah
- 8 Come, behold the works of the LORD, Who has made desolations in the earth.
- 9 He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.
- 10 **Be still, and know that I am God;** I will be exalted among the nations, I will be

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exalted in the earth!

- 11 The LORD of hosts is with us; The God of Jacob is our refuge.

Psalms 23:

- 1 The LORD is my shepherd; I shall not want.
- 2 He makes me to lie down in green pastures; He leads me beside the still waters.
- 3 He restores my soul; He leads me in the paths of righteousness For His name's sake.
- 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.
- 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.
- 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

Psalms 34:

- 18 The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.
- 19 Many are the afflictions of the righteous, But the LORD delivers him out of them all.

John 14:

- 26 "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.
- 27 "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

The location is not as important as the attitude.

Genesis 24:63 And Isaac went out to meditate in the field in the evening; and he lifted his eyes and looked, and there, the camels were coming.

Psalms 4:4 Be angry, and do not sin. Meditate within your heart on your bed, and be still.

Psalms 63:6 When I remember You on my bed, I meditate on You in the night watches.

Psalms 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.

Psalms 77:12 I will also meditate on all Your work, And talk of Your deeds.

Psalms 119:

- 15 I will meditate on Your precepts, And contemplate Your ways.

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- 27 Make me understand the way of Your precepts; So shall I meditate on Your wondrous works.
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- 48 My hands also I will lift up to Your commandments, Which I love, And I will meditate on Your statutes.
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- 78 Let the proud be ashamed, For they treated me wrongfully with falsehood; But I will meditate on Your precepts.
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- 148 My eyes are awake through the night watches, That I may meditate on Your word.

Psalms 143:5 I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

Psalms 145:5 I will meditate on the glorious splendor of Your majesty, And on Your wondrous works.

Malachi 3:16 Then those who feared the LORD spoke to one another, And the LORD listened and heard them; So a book of remembrance was written before Him For those who fear the LORD And who meditate on His name.

Philippians 4:

- 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;
- 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Peace – Shalom (7965). The Hebrew word for peace, *shalom*, denotes a sense of completion, perfection. In fact, in the Bible, *shalom* means "well being" or "prosperity," not just "peace." Thus, the Hebrew word for peace is not only the opposite of war, it is an ideal state of affairs.

Shalom!