

Get Back Up When You Fall - Kimo Hoopai, March 19, 2023

No difference from a Cowboy falling off his horse or a surfer falling off his board. We stumble, we fall, we get angry, we say hurtful words but we ask forgiveness from Jesus Christ .
And we get back up and keep walking with Him (Christ)

2 Corinthians 4:8-10 NLT ⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. ⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. ¹⁰ Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.

4 Ways to Get Back Up When You Get Knocked Down

1. Know Your Mistakes

Proverbs 24:16 NLT The godly may trip seven times, but they will get up again. But one disaster is enough to overthrow the wicked.

Romans 3:23-24 NIV for all have sinned and fall short of the glory of God,²⁴ and all are justified freely by his grace through the redemption that came by Jesus Christ.

2. You're Not Alone

Abraham Lied **Genesis 12:10-13 NLT** ¹⁰ At that time a severe famine struck the land of Canaan, forcing Abram to go down to Egypt, where he lived as a foreigner. ¹¹ As he was approaching the border of Egypt, Abram said to his wife, Sarai, "Look, you are a very beautiful woman. ¹² When the Egyptians see you, they will say, 'This is his wife. Let's kill him; then we can have her!' ¹³ So please tell them you are my sister. Then they will spare my life and treat me well because of their interest in you."

David Committed Adultery **2 Samuel 11:2-5 NIV** ² One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, ³ and David sent someone to find out about her. The man said, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite." ⁴ Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. ⁵ The woman conceived and sent word to David, saying, "I am pregnant."

They both Repented to God

3. Change Your Attitude

Ephesians 4:22-24 NLT ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

Romans 14:17-18 NLT ¹⁷ For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. ¹⁸ If you serve Christ with this attitude, you will please God, and others will approve of you, too.

4. Get Back Up Don't Be Afraid

Isaiah 43:2-3 NIV ² When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. ³ For I am the Lord your God, the Holy One of Israel, your Savior;

Psalms 145:14 NIV The Lord upholds all who fall and lifts up all who are bowed down.

O Never mind Ke Hina Pū Ua Hiki No / Never mind of the fall, but get back up!!!!