



Lift Up Your Heads!

When we look to the Lord as our King, we recognize that we need His help to face our challenges. Reading passages in the Word is one way we can avail ourselves of the comfort and strength the Lord wants to give each of us. This is a way to mentally “lift our heads.”

One mother suggests putting quotes from the Word around us. When her children were young, she put favorite quotes on the walls of her home. She placed one of these passages high on the wall: “Lift up your heads, O you gates! And be lifted up, you everlasting doors!” She found that the physical action of lifting her head to read this sign also effected a change in her attitude or state of mind.