

# How To Get Back Up

Big Idea:  
Just because you fall, doesn't mean you're done

What hinders us from getting back up?

“God won't forgive you”

## **Luke 22:54-62**

54 Then they seized him and led him away, bringing him into the high priest's house, and Peter was following at a distance. 55 And when they had kindled a fire in the middle of the courtyard and sat down together, Peter sat down among them. 56 Then a servant girl, seeing him as he sat in the light and looking closely at him, said, “This man also was with him.” 57 But he denied it, saying, “Woman, I do not know him.” 58 And a little later someone else saw him and said, “You also are one of them.” But Peter said, “Man, I am not.” 59 And after an interval of about an hour still another insisted, saying, “Certainly this man also was with him, for he too is a Galilean.” 60 But Peter said, “Man, I do not know what you are talking about.” And immediately, while he was still speaking, the rooster crowed. 61 And the Lord turned and looked at Peter. And Peter remembered the saying of the Lord, how he had said to him, “Before the rooster crows today, you will deny me three times.” 62 And he went out and wept bitterly.

## **John 21:3**

3 Simon Peter said, “I'm going fishing.”

“God doesn't want you”

## **Luke 15:13-19**

13 “Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. 14 After he had spent everything, there was a severe famine in that whole country, and he began to be in need. 15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. 16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

17 “When he came to his senses, he said, ‘How many of my father's hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’”

“You'll just mess up again anyways”

## **Romans 7:15**

I don't really understand myself, for I want to do what is right, but I don't do it. Instead I do what I hate.

How do we defeat these lies?

## “Feed My Sheep”

### **John 21:15-17**

15 After breakfast Jesus asked Simon Peter, “Simon son of John, do you love me more than these?”

“Yes, Lord,” Peter replied, “you know I love you.” “Then feed my lambs,” Jesus told him.

16 Jesus repeated the question: “Simon son of John, do you love me?” “Yes, Lord,” Peter said, “you know I love you.” “Then take care of my sheep,” Jesus said.

17 A third time he asked him, “Simon son of John, do you love me?” Peter was hurt that Jesus asked the question a third time. He said, “Lord, you know everything. You know that I love you.”

Jesus said, “Then feed my sheep.

## “Kill the fattened calf”

### **Luke 15:22-24**

22 “But his father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. 23 And kill the calf we have been fattening. We must celebrate with a feast, 24 for this son of mine was dead and has now returned to life. He was lost, but now he is found.’ So the party began.

## “There Is No Condemnation”

### **Romans 8:1-2**

1 So now there is no condemnation for those who belong to Christ Jesus. 2 And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

Now Go!