

ABRAHAM: ONE NOMAD'S AMAZING JOURNEY OF FAITH

A Classic Series

One of Those Upper-Downer Days

Genesis 18:1–5, 9–16, 20–22



LET'S BEGIN HERE

Face it: some days are uppers, some are downers. “Upper” days lift our spirits and send them soaring. “Downer” days leave us sad and discouraged. On a few occasions, we get both extremes on the same day! We start the day elated with joy and anticipation, but as the day wears on, everything turns upside down and we’re forced to deal with things that deflate us. The events recorded in Genesis 18 represent one of those “upper-downer” days for Abraham. It began with elation and ended in deflation. By the end of it, Abraham must have felt mentally, emotionally, and spiritually exhausted! As we face our own upper-downer days, we can learn from Abraham’s experience how to put things in proper perspective and find our balance.



LET'S DIG DEEPER

1. Unexpected Visit with Angels (Genesis 18:1–8)

Abraham’s upper-downer day began as high as a man of God can imagine: with a visit by three heavenly beings in human form—two angelic beings and God Himself!

- Where and When

- Strangers and a Meal



Quotable

*Stay passionate
in prayer. It
will soften your
heart for those
who don't
know Jesus.*

— Charles R. Swindoll



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3. Judgment Revealed to Abraham (Genesis 18:16–33)

In the middle of his fantastic upper day, Abraham learned news that plummeted him into a downer. The Lord was going down to the home city of Abraham's nephew Lot—to respond to the flagrant wickedness rampant in that city.

- Great Outcry from Sodom and Gomorrah
- Passionate Dialogue between Abraham and the Lord



LET'S LIVE IT

Like Abraham, we spend some days in the valley of shadows and others on the bright peaks of spiritual triumph. From Abraham's experiences in Genesis 18, we can draw four principles to help us maintain a spiritual perspective through our own upper-downer days.

- Be aware that others may be angels. (That will change your perspective.)
- Be confident that nothing is too difficult for the Lord. (That will boost your attitude.)
- Stay sensitive to the Lord. (That will strengthen your walk.)
- Stay passionate in prayer. (That will soften your heart.)

Throughout this narrative, Abraham kept his focus on others, not on himself. Can you think of three ways you're other-focused in your daily life? If not, what can you do to add this dimension to your life? If you're already other-focused, what more can you do?



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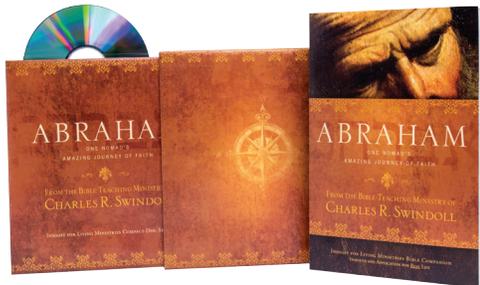
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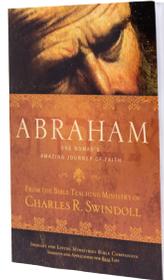
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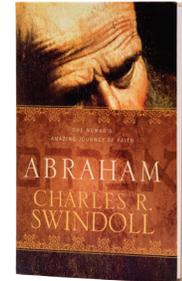
Tools for Digging Deeper



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Amazing Journey of Faith**
by Charles R. Swindoll and
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