

**Title:** Put the spring back in your step  
**Pastor:** Heinrich Titus  
**Date:** 07 September 2014  
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## Understanding of the times

**1 chronicles 12:32**<sup>32</sup> of the sons of Issachar who had understanding of the times, to know what Israel ought to do, their chiefs were two hundred; and all their brethren were at their command;

## Right man, right time, wrong place

**2 Samuel 11:1-2,19-23**<sup>1</sup> It happened in the spring of the year, at the time when kings go out to battle, that David sent Joab and his servants with him, and all Israel; and they destroyed the people of Ammon and besieged Rabbah. But David remained at Jerusalem.<sup>2</sup> Then it happened one evening that David arose from his bed and walked on the roof of the king's house. And from the roof he saw a woman bathing, and the woman was very beautiful to behold.<sup>19</sup> When David saw that his servants were whispering, David perceived that the child was dead. Therefore David said to his servants, "Is the child dead?" And they said, "He is dead."<sup>20</sup> So David arose from the ground, washed and anointed himself, and changed his clothes; and he went into the house of the LORD and worshiped. Then he went to his own house; and when he requested, they set food before him, and he ate.<sup>21</sup> Then his servants said to him, "What is this that you have done? You fasted and wept for the child while he was alive, but when the child died, you arose and ate food."<sup>22</sup> And he said, "While the child was alive, I fasted and wept; for I said, 'Who can tell whether the LORD will be gracious to me, that the child may live?'<sup>23</sup> "But now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me.

## Refuel on Joy

**Psalms 51:10-13**<sup>10</sup> Create in me a clean heart, O God, and renew a steadfast spirit within me.<sup>11</sup> Do not cast me away from Your presence, and do not take Your Holy Spirit from me.<sup>12</sup> Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.<sup>13</sup> Then I will teach transgressors Your ways, and sinners shall be converted to You.

## Redeeming the past.

**Psalms 51:15-17**<sup>15</sup> O Lord, open my lips, And my mouth shall show forth Your praise.<sup>16</sup> For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.<sup>17</sup> The sacrifices of God are a broken spirit, a broken and a contrite heart — These, O God, You will not despise.

## He makes all things new

**2 Samuel 12:24-25**<sup>24</sup> Then David comforted his wife, Bathsheba, and went in to her, and lay with her; and she bore a son, and he called his name Solomon. And the LORD loved him,<sup>25</sup> and sent a message by Nathan the prophet; so he called his name Jedidiah, because of the LORD.

## Right Man, right Place, right Time

**John 12:3-5 12-15;17** <sup>3</sup> Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God,<sup>4</sup> rose from supper and laid aside His garments, took a towel and girded Himself. <sup>5</sup> After that, He poured water into a basin and began to wash the disciples' feet, and to wipe them with the towel with which He was girded.<sup>12</sup> So when He had washed their feet, taken His garments, and sat down again, He said to them, "Do you know what I have done to you?"<sup>13</sup> "You call me Teacher and Lord, and you say well, for so I am. <sup>14</sup> "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.<sup>15</sup> "For I have given you an example, that you should do as I have done to you. <sup>17</sup> "If you know these things, blessed are you if you do them.

**John 4:23** <sup>23</sup> A time will come, however, indeed it is already here, when the true (genuine) worshippers will worship the Father in spirit and in truth (reality); for the Father is seeking just such people as these as His worshippers. [amplified]

### Understanding the times:

1. Have you lost your Spring (purpose)?
2. Are you trapped in a season of regret?
3. Do you need a change of clothing?
4. Are you living a life-style of honour?
5. Are you ready for Spring?