



Look up

Derk Jan van der Veen

⁸ “Therefore do not be like them. For your Father knows the things you have need of before you ask Him. ⁹ In this manner, therefore, pray:
Our Father in heaven,
Hallowed be Your name.
¹⁰ Your kingdom come.
Your will be done
On earth as it is in heaven.

Matthew 6 : 8-13 (NKJV)

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,
As we forgive our debtors.

¹³ And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power
and the glory forever. Amen.

Matthew 6 : 8-13 (NKJV)



Look back : 2018

A dense forest of tall, thin evergreen trees, likely spruce or fir, with dark brown trunks and green foliage. The trees are closely packed, creating a thick canopy. The lighting is somewhat dim, suggesting a shaded forest interior.

Look around

AVERAGE DAILY TIME SPENT ON SOCIAL



YOUTUBE

40 MINUTES



FACEBOOK

35 MINUTES



SNAPCHAT

25 MINUTES



INSTAGRAM

15 MINUTES



TWITTER

1 MINUTE

SOCIAL RANKED WITH DAILY ACTIVITIES

WATCHING TV

1



**7 YEARS +
8 MONTHS**

ON SOCIAL MEDIA

2



**5 YEARS +
4 MONTHS**

EATING • DRINKING

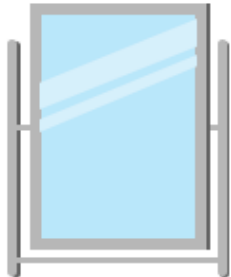
3



**3 YEARS +
5 MONTHS**

GROOMING

4



**1 YEAR +
10 MONTHS**

SOCIALIZING

5



**1 YEAR +
3 MONTHS**

DOING LAUNDRY

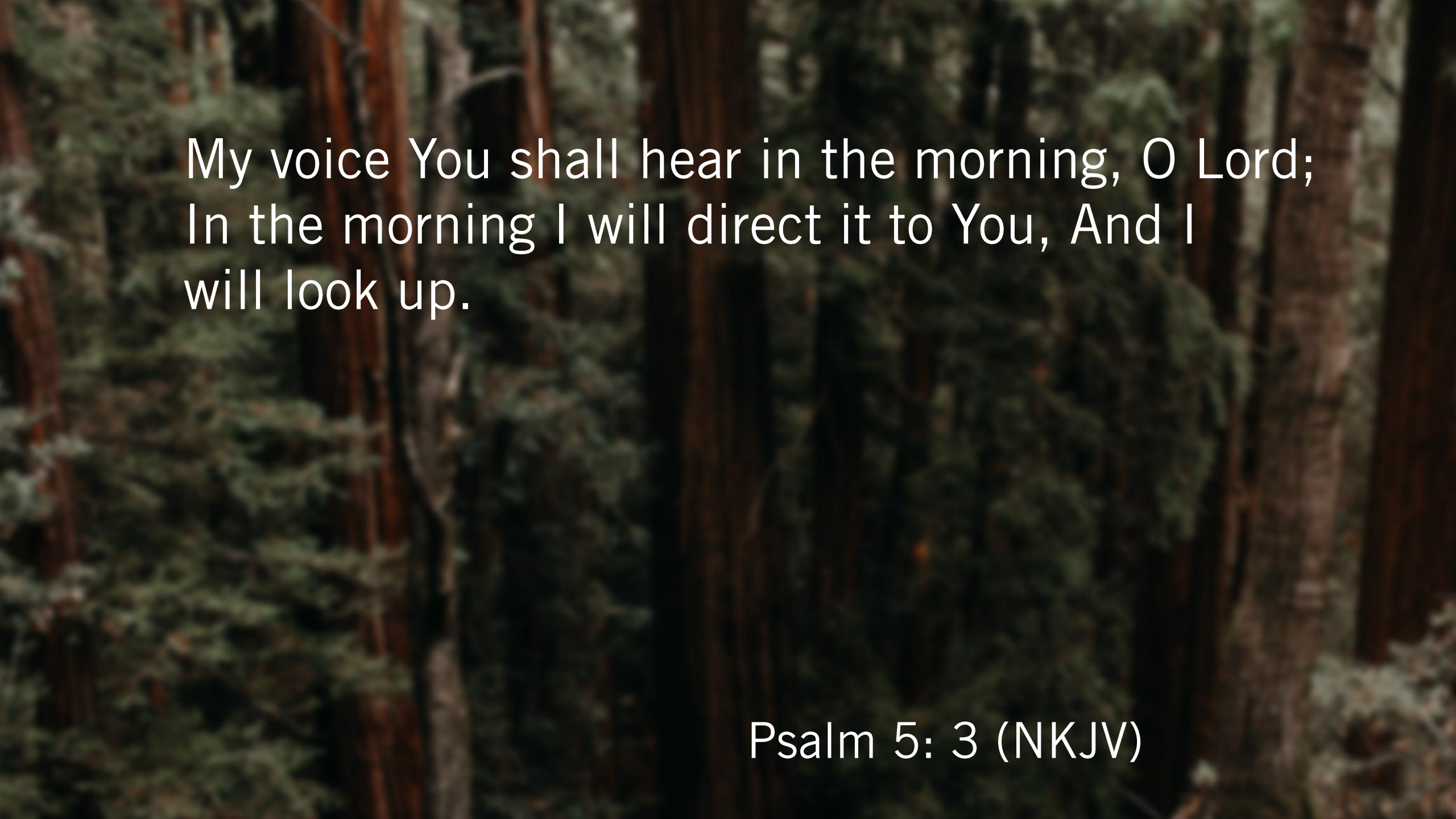
6



6 MONTHS

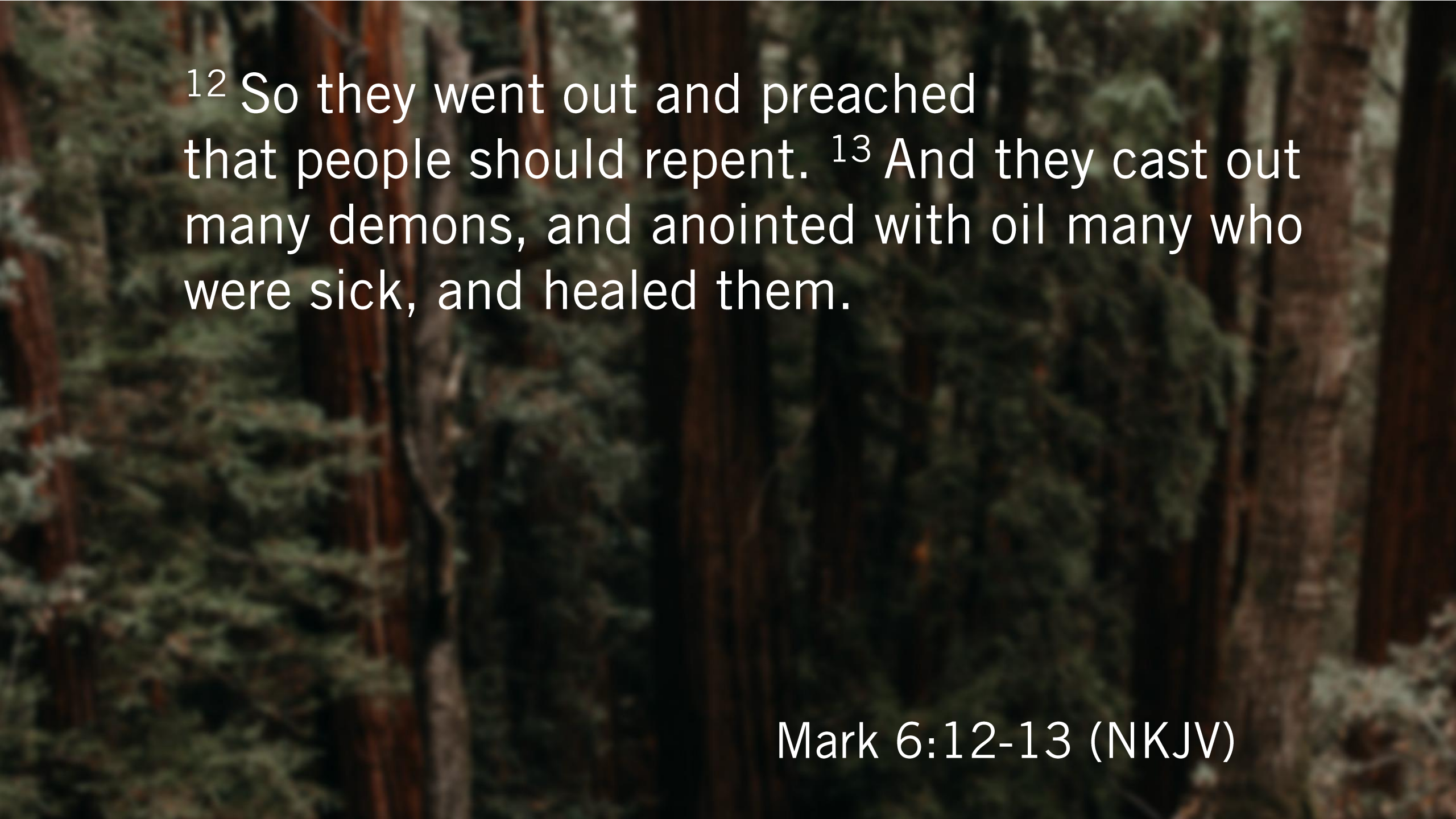
A photograph of a dense forest with tall, slender trees and lush green foliage. The text "Look up" is overlaid in the upper left quadrant.

Look up



My voice You shall hear in the morning, O Lord;
In the morning I will direct it to You, And I
will look up.

Psalms 5: 3 (NKJV)



¹² So they went out and preached
that people should repent. ¹³ And they cast out
many demons, and anointed with oil many who
were sick, and healed them.

Mark 6:12-13 (NKJV)

³⁰ Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. ³¹ And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat. ³² So they departed to a deserted place in the boat by themselves.

Mark 6: 30-44 (NKJV)

³³ But the multitudes saw them departing, and many knew Him and ran there on foot from all the cities. They arrived before them and came together to Him. ³⁴ And Jesus, when He came out, saw a great multitude and was moved with compassion for them, because they were like sheep not having a shepherd. So He began to teach them many things.

Mark 6: 30-44 (NKJV)

³⁵ When the day was now far spent, His disciples came to Him and said, “This is a deserted place, and already the hour is late.

³⁶ Send them away, that they may go into the surrounding country and villages and buy themselves bread; for they have nothing to eat.”

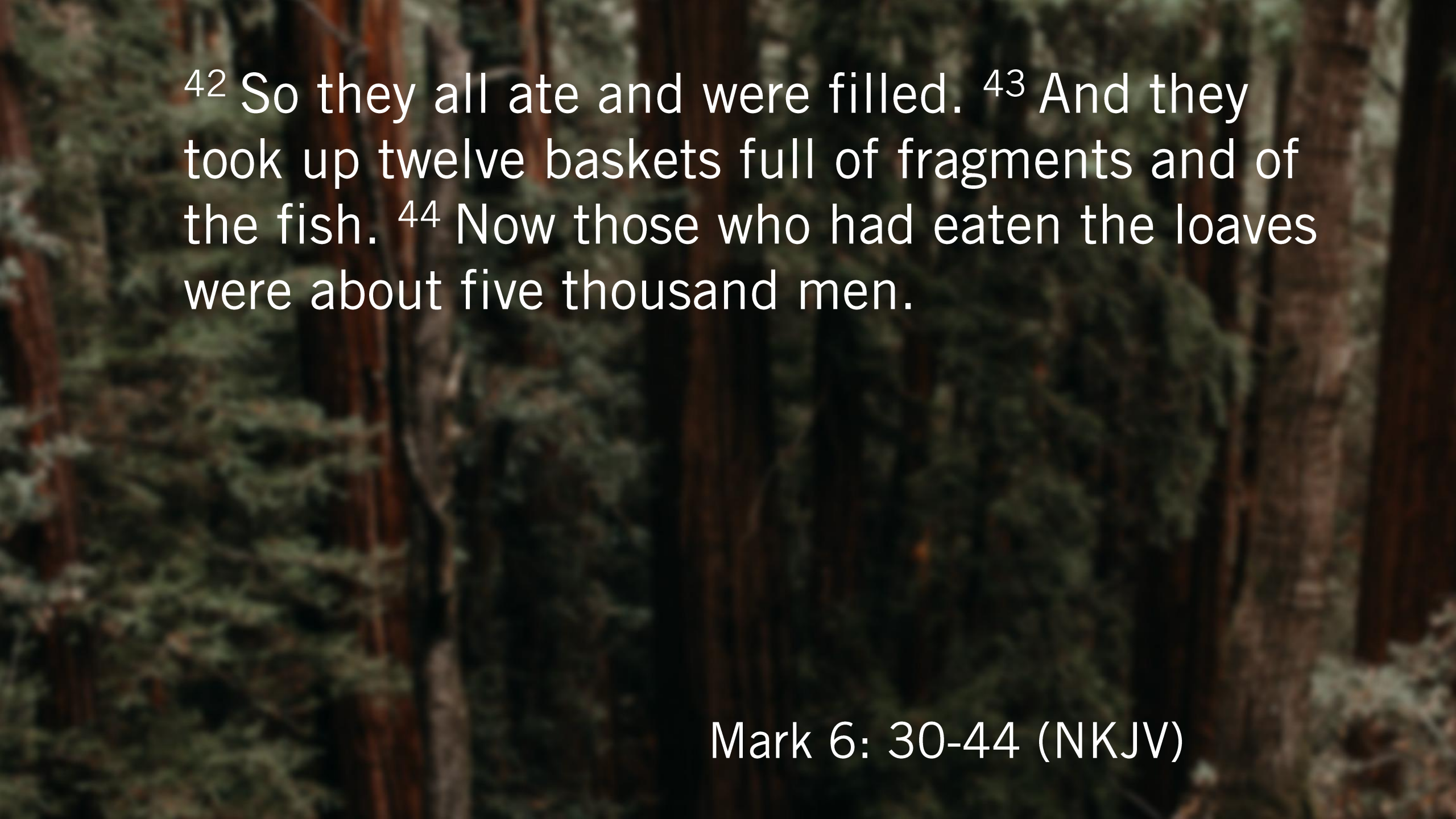
Mark 6: 30-44 (NKJV)

³⁷ But He answered and said to them, “You give them something to eat.” And they said to Him, “Shall we go and buy two hundred denarii worth of bread and give them something to eat?” ³⁸ But He said to them, “How many loaves do you have? Go and see.” And when they found out they said, “Five, and two fish.”

Mark 6: 30-44 (NKJV)

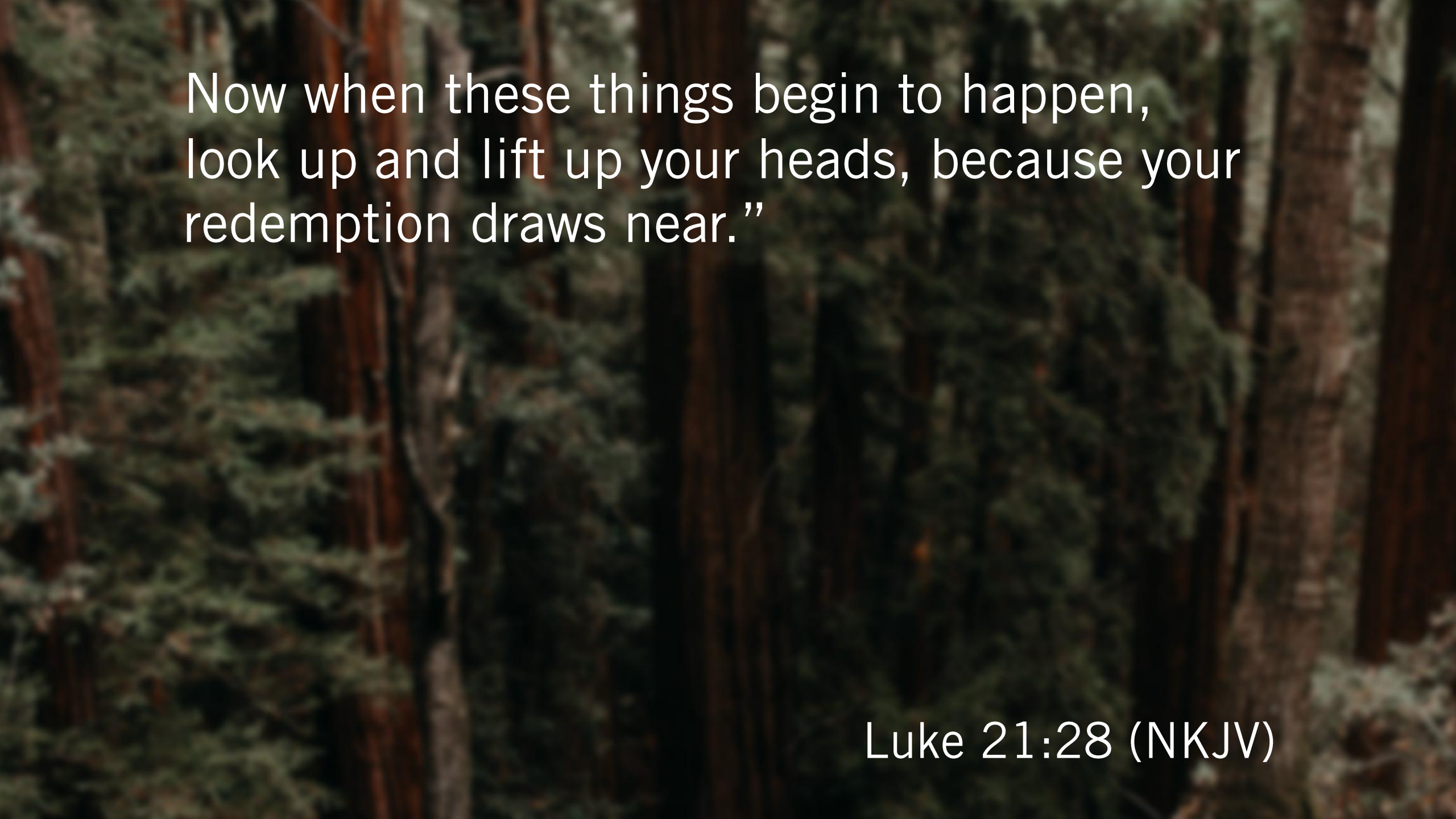
³⁹ Then He commanded them to make them all sit down in groups on the green grass. ⁴⁰ So they sat down in ranks, in hundreds and in fifties. ⁴¹ And when He had taken the five loaves and the two fish, He looked up to heaven, blessed and broke the loaves, and gave them to His disciples to set before them; and the two fish He divided among them all.

Mark 6: 30-44 (NKJV)



⁴² So they all ate and were filled. ⁴³ And they took up twelve baskets full of fragments and of the fish. ⁴⁴ Now those who had eaten the loaves were about five thousand men.

Mark 6: 30-44 (NKJV)



Now when these things begin to happen,
look up and lift up your heads, because your
redemption draws near.”

Luke 21:28 (NKJV)



Pray two together, preferably one you do not know (that well): male-male and female-female.

Look back: Share about something in 2018.
Either good or bad.

Look up: Share the miracle you are asking God for to happen in 2019.

Pray it in and speak a blessing over each other.

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Matthew 6 : 8-11 (NKJV)

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and the glory forever. Amen.

Matthew 6 : 8-13 (NKJV)

MINISTRY



WE WOULD LOVE TO PRAY WITH YOU FOR ANYTHING.
YOU ARE WELCOME TO MEET A MINISTRY FACILITATOR AT THE FRONT
WHO WILL GLADLY PRAY FOR YOU.

PLEASE JOIN US FOR

Coffee
&
Fellowship

UNTIL NEXT TIME

GO BE A WITNESS AND A LIGHT FOR OUR LORD



I AM THE WAY

THE TRUTH  THE LIFE

== NO ONE COMES TO THE FATHER ==

EXCEPT THROUGH ME

JOHN 14:6