**Lift Up Your Head**

Exhort

Psalm 24:7 KJV

“Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.”

David here declared that if WE WILL then HE WILL! If we will lift up our heads, then He will come in. If we look up, then the King of Glory will come and fight for us!

Psalm 24:8 KJV

“8 Who is this King of glory? ...”

Why was is lifting up our heads so important to David and to us? How do we lift up our heads? Who is the King of Glory? What’s the significance of the King of Glory coming? I pray that today God will use me to answer these questions because it’s time for us to LIFT UP OUR HEADS!!

Title: Lift Up Your Head

Psalm 24:7 KJV

“Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.”

David knew this about God because he was a man after God’s own heart! David was the second king of the United Kingdom of Israel. David is most known for his victory over Goliath.

He used a sling, a stone, and the power of God to kill Goliath. The Israelites would sing his praises that David has slain thousands! He was a distinguished warrior.

He wasn’t merely a slinger; he was also a singer. JH Osborne said, David would kill you and then write a poem about it. I’ve also heard it this way, “David was holy enough to worship God, but hood enough to fight you!”

He was a man after God’s own heart. He was the one that brought the Ark of the Covenant from Abinadab’s house in Kiriath Jearim back to Jerusalem. He passionately worshipped God as the Ark made its way back to Jerusalem! David was a man after God’s own heart.

Though David was used mightily of God, he had his own struggles. **Think it not strange** that even a man after God’s own heart went through some suffering. David lost his fair share of battles.

* His wife, Michael, despised his worship.
* He was run out of town by the jealous king, Saul.
* He slept in caves while running for his life.
* His men turned their back on him as their enemies destroyed their homes.

Even though David went through all that he understood who God is. He not only praised God for what God has done, but he worshipped God for who He is! His relationship with God caused him to write psalms like

Psalm 121:1-2 KJV

“1 I will lift up mine eyes unto the hills, from whence cometh my help.

2 My help cometh from the Lord, which made heaven and earth.”

Like David, regardless of what we might be going through, we must lift up our heads! Our help comes from the LORD!

This is what David writes about in Psalm 24; if we will then He will! Psalm 24 emphasizes 3 characteristics of God:

1. He is the creator (v. 1-2)

2. He is holy (v. 3-6)

3. He is a divine warrior (v. 7-10)[[1]](#footnote-1)

The Psalms don’t develop a systematic theology, but it does progressively unfold the character of God and His relationship to us throughout its powerfully inspired words.[[2]](#footnote-2)

David urged the people to lift up their heads because the King of Glory will come in. It’s hard to see what God is doing with our heads down!

When we look down, we’ll see dirt! If our heads are always down looking at social media, news, and everything else negative that is going on in our world then it leads us to be depressed and hopeless! However, David commanded us to:

Psalm 24:7-8 KJV

“7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.

8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.”

David asked a question, “Who is the King of Glory?” and then answered it Himself. Have you ever done this?

Husbands do you ever do that to your wives.

* You’re looking for your keys knowing they are always in the box you put your keys in.
* We ask, what do you want to eat knowing the answer is going to be, “I don’t know, I’m ok with anything.”

Wives also ask these kinds of questions?

* They ask, which outfit do you like better, and we’re left guessing which one do we vote on that we think she knows she already wants to wear hoping we affirm that outfit.

David asks, “Who is the King of Glory?” and then answers it by declaring the King of Glory is **the LORD**. He is Jehovah, the God of His covenantal people! He is the one that spoke creation into existence. He is the LORD who, with His hands, formed man out of the dust of the ground and breathed into him the breath of life.

He is the LORD that is everywhere, knows all things, and is all powerful!!! He was, is, and is yet to come! David wanted us to understand that the King of glory is the LORD, and His name is Jesus!

Demons tremble at the mention of His name. Chains fall, fear bows, lives healed, hope is found, here, now because Jesus changes everything!

When the King of Glory steps into your situation, chaos comes into order, brokenness is repaired, and grace gives you strength to make it!

However, David wanted to continue to describe the King of glory. He, inspired by the Spirit, wrote “The King of Glory is the LORD and the LORD is **STRONG**!” ‘Strong’ in Hebrew is *iz-zooź*, meaning a quality of power, and in this form, it is mentioned only one other time in the Old Testament.

Isaiah 43:15-19 KJV

“15 I am the Lord, your Holy One, the creator of Israel, your King.

16 Thus saith the Lord, which maketh a way in the sea, and a path in the mighty waters;

17 Which bringeth forth the chariot and horse, the army and the **POWER**; they shall lie down together, they shall not rise: they are extinct, they are quenched as tow.

18 Remember ye not the former things, neither consider the things of old.

19 Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.”

This strength and power that the LORD possess was demonstrated in His defeat against the Egyptians. David wanted us to understand that God is strong. He has some incredible qualities! He is our:

* Provider
* Deliverer
* Savior
* Strong Tower
* Redeemer

David figured that strong alone isn’t a good enough description of the King of Glory. He continues to write that the King of Glory is the LORD who is strong **AND MIGHTY**!

God has some amazing qualities, but He also has some amazing abilities! His love is unconditional, but don’t get on His bad side. We think David was a lover and a fighter, but He got that from God!

* The devil rose up against God and he fell like lightening!
* People tried to build a tower to defy God, and He changed their languages.
* A 9 ft. man challenged the people of God, and God devastatingly directed a shepherd’s stone into his forehead. God’s enemies don’t have a good record when going up against the King of Glory!

But if God is for you then even what the enemy meant for evil God can work it for your good! Nothing can stop our great warrior God from coming to your aid. Romans 8:38-39

David **still** wasn’t satisfied with this description of the King of Glory. He declares that the LORD is strong and mighty, and the LORD is **MIGHTY IN BATTLE**! ...

He is a champion, a warrior, valiant, and has a great ability to fight. The God that you serve is a fighter! But He doesn’t just have the abilities of a warrior. He is battle tested and war proven.

It’s like Michael Jordan.

* He has natural qualities of a basketball player (athletic, fast, can jump, etc.).
* He also has skills/ abilities of a basketball player (can shoot, play defense, basketball IQ etc.).
* But not only that he possesses the qualities and abilities, but he has proven he can also do it in a game (flu game, 6 championship rings, etc.).

A lot of people can shoot a basketball when no one is guarding them. A lot of people can play defense when a referee isn’t there calling fouls, but not many people can accomplish what Michael Jordan did in his career.

Now Michael Jordan has missed a lot of shots, 12,345 to be exact, and his team lost a lot of games, 446 out of 1,072 to be exact. But God never loses!

God has natural qualities (He is strong) but He also has the skills of a warrior (He is mighty), but on top of that He is battle tested (He is mighty in battle)!

He doesn’t mind getting involved in the battles in your life because there is nothing too hard for the King of Glory. Moses understood this when he wrote:

Exodus 15:1-6 NKJV

“1 Then Moses and the children of Israel sang this song to the Lord (after crossing the Red Sea), and spoke, saying: “I will sing to the Lord, For He has triumphed gloriously! The horse and its rider He has thrown into the sea!

2 The Lord is my strength and song, And He has become my salvation; He is my God, and I will praise Him; My father’s God, and I will exalt Him.

3 The Lord is a man of war; The Lord is His name.

4 Pharaoh’s chariots and his army He has cast into the sea; His chosen captains also are drowned in the Red Sea.

5 The depths have covered them; They sank to the bottom like a stone.

6 “Your right hand, O Lord, has become glorious in power; Your right hand, O Lord, has dashed the enemy in pieces.”

God is a warrior that comes to fight on behalf of His obedient people. David declared that the King of Glory is strong and mighty and mighty in battle!

* He is the same God that freed them from Egyptian bondage.
* He is LORD, the one who parted the Red Sea.
* He is the one that provided for the Israelites in the wilderness.
* He is the same God that helped David to defeat the lion and the bear in private and a giant in public.

He has an undefeated record! He is the undisputed champion. The King of Glory is strong and mighty and mighty in battle!!!

I can’t fight the battle on my own; I have to lift up my head! Because when you and I lift our heads, Jesus steps in!!!

Psalm 24:8-10 KJV

“8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.”

9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.

10 Who is this King of glory? The Lord of hosts, he is the King of glory. Selah.”

What does the Lord of Hosts mean? Jeremiah also prayed it in

Jeremiah 32:17-18 NKJV

“17 ‘Ah, Lord God! Behold, you have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.

18 You show lovingkindness to thousands and repay the iniquity of the fathers into the bosom of their children after them—the Great, the Mighty God, whose name is the Lord of hosts.”

Lord of Hosts means He has an organized army at His disposal. At His command is a heavenly hosts that will intervene on our behalf. I believe in the supernatural, and I’m thankful for the angelic hosts that positively intercedes in my life.

I believe there were times I was unknowingly in danger, but an angel was a hedge of protection around me. Isn’t it awesome to know that angels work for God?

But as fascinating as angels are, they have a boss. And when we lift up our heads their boss, the King of Glory, will come in. **If we will, then He will!**

Now when studying this, the words in verse 7 and 9 intrigued me. What does gates and doors have to do with anything? Why does David tell them to be lifted up?

In those days, gates were one of the most important elements of defense against external forces. The gates also were the weakest points in a city’s walls.[[3]](#footnote-3) The gates were an access into the fortitude. History reveal that if the gate fell it was considered the city itself was fallen!!![[4]](#footnote-4)

So, in a war, why would you want to open the gates? An enemy could by hiding close by and try to sneak in to start the siege on the city. Soldiers didn’t prefer to scale the walls because guards would be at the top to

* shot them with bows and arrows, to cut their ropes they were using
* throw hot tar on top of them
* and if they did make it to the top, they would be outnumbered!

The city gates were the best target to attack if you wanted to overtake the city.

So, why would David said lift up the gates? What does it mean to open the doors? David is familiar with this as he and the Israelites returned back home with a victory and Goliath’s sword. The people shouted and celebrated because their warriors returned victorious!!

You never want to open the gates when your city is in war unless your soldiers are coming back to enter into the city. Soldiers return back to the city from war because they are victorious.

David says we should lift up our heads because Jesus is here today, and He is victorious. He is marching into the city. He is marching into our lives, because He just won the battle. Yes, the enemy was relentless. Yes, the battle was hard. Yes, weeping endured for the night, but joy is coming in the morning. We must lift up our heads!

Micah 7:7-8 KJV

“7 Therefore **I will look unto the Lord**; I will wait for the God of my salvation: **my God will hear me**.

8 Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the Lord shall be a light unto me.”

I might have been knocking down, but my back up just arrived. I lifted my head and the King of Glory is here. My King is strong and mighty and mighty in battle and He is fighting for me. He is pushing back the darkness. Lighting up the kingdom that cannot be shaken. In the name of Jesus, my enemies are defeated. I’m lifting up my head... THE KING IS HERE!!

We are called to be a partner with God as this drama unfolds in our lives. Psalm 24 teaches us how to respond to His presence and activity.[[5]](#footnote-5) We are called to lift up our heads! If we will then He will. If we lift up our heads the King of Glory will step into our situation! This concept of the King of Glory fighting for us is also found in

1 Corinthians 2:8-9 NKJV

“8 which none of the rulers of this age knew; for had they known, they would not have crucified the Lord of glory.

9 But as it is written: “Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.”

The disciples were heartbroken that Jesus died. The story of the couple on the way back to their home, Emmaus, with broken hearts illustrates how devasted they were that Jesus died. He was supposed to be the King of the Jews that overthrew the Roman Empire.

When it seems like all is lost:

Luke 21:27-28 NKJV

“27 Then they will see the Son of Man coming in a cloud with power and great glory.

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

Music

How do we lift up our head? It is changing our focus from the negative and magnifying God.

Magnifying God doesn’t make Him bigger, but it makes our view of Him bigger. We must praise Him for what He has done. But even in the bad times, we must worship Him for who He is. He is strong and mighty and mighty in battle. So, lift up your heads!

* Get off the news for a few days and look up onto the field because it is ready for harvest!
* It is time for us to open the doors and let Jesus back into our marriages and families.
* Let God into your finances and through obedience, He will bless you!
* Rebuild your altar, your loved one is coming back to God.
* You have kept looking down at the doctors report; lift up your head to God because He can work it for your good.
* Sure, there are a lot of problems, but if you ever could just lift up your heads then you’d realize who just walked into the room!

Keep praying! Keep fasting! Keep reaching! Keep loving! Keep forgiving! Lift up your heads because if we will, the King of Glory will come in and fight for us!!

1. Tremper Longman III & David Garland, *The Expositor’s Bible Commentary* (Grand Rapids: Zondervan, 2008), 257. [↑](#footnote-ref-1)
2. Tremper Longman III & Raymond B. Dillard, *An Introduction to the Old Testament* (Grand Rapids: Zondervan, 2006), 256. [↑](#footnote-ref-2)
3. Robert Fryling, *Dictionary of Biblical Imagery* (Downers Grove: InterVarsity Press, 1998), 368. [↑](#footnote-ref-3)
4. Robert Fryling, *Dictionary of Biblical Imagery* (Downers Grove: InterVarsity Press, 1998), 321. [↑](#footnote-ref-4)
5. Bernhard W. Anderson, *Understanding the Old Testament* (Englewood Cliffs: Prentice-Hall Inc,1975), 503. [↑](#footnote-ref-5)