

## LIVES THAT LIFT

"How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed with the devil; for God was with Him." Acts 10:38

Christ was the supreme example of a life that lifts. His life was a model in beneficence. The world was enslaved and He came to emancipate it. The world was lost and He came to save it. In other words, "He went about doing good."

This text is an exquisite miniature of Christ. There are not many touches, but they are the strokes of a master's pencil. The portrait cannot be mistaken for anyone else. "He went about doing good." Now, that is what we are to do. We should constantly aim and strive to live lives that lift. Such was the aim of Christ. Doing good was the main business of the Saviour's life; not for applause or personal gain, but to diffuse peace and happiness among men. He went about doing good to :

### I. The Bodies of Men

And what a list of His benefactions might be enumerated! Opened eyes of blind, gave hearing to deaf, enabled dumb to speak, crippled to walk, crazy to reason again, cleansed lepers, healed sick, and raised the dead. No disease was too loathsome for Him to show kindness to. None applied to Him in vain. None were sent from Him unrelieved.

### II. The Minds of Men

1. By good instruction
  - a. Instructing their ignorance
  - b. Removing their prejudices
  - c. Rectifying their mistakes
2. By good example

A living rule lets others see their faults without open reproof. It adds a great weight to one's persuasion, when others see that that one advises nothing but what he practices. Nothing is more insignificant than good counsel from one who does not follow the advice which he is so forward to give to others.

### III. The Souls of Men

1. His words were the comfort and peace of those who received them
2. He instructed them in the essential doctrines and duties of religion
3. He strengthened the weak and wavering
4. He comforted the mourning penitents

Jesus Christ did not wait for chances of doing good to come to Him. He went out after chances of doing good. He went about as a trader goes about with His wares. He went about on the business of blessing man. He did so personally---He did not content Himself with doing good by proxy. He persevered in doing good. It was His constant employment, and He was never weary of it. It was the habit of His life. He was always speaking kind words and doing kind things.

What are some of the elements that go to make up such a life or a life that lifts? The life that lifts is :----

1. A sympathetic life.

We do not say first that it must be a Christian life, for that we assume. Certainly the grace of sympathy is very important. There is beauty in a sympathetic life. Let us cultivate sympathy.

2. A Cheerful Life

People who are not cheerful repel rather than help. They do not get near enough to others to help them. Others will not come near enough to them to make it possible for them to help. Neither can unhelpful and discouraged people help others.

3. A pure life

A pure life always has an influence for good. It may be unconsciously, but it is nevertheless powerfully exerted. Good people make us better just to be in their company. A pure life tells. And so does an impure one. But a pure life is always a lifting one. There is a great contagion flowing out from purity, sincerity, and earnestness. Let us cultivate genuineness, purity, soundness of heart, in order that our influence may be felt in an uplifting way.

4. A spiritual life

It is certain that we cannot lead people any nearer to the Lord than we are ourselves.

Be sympathetic, be unselfish, be cheerful, be hopeful, be pure, be spiritual. Look up and you will live up. Live up and you will lift up.