

7-Ups of Life

When I discovered 7 Up, a different kind of drink with a strange name (the origin of which is still unclear), I liked it right away. It is a brand of a lemon-lime flavored non-caffeinated soft drink. It is certainly a refreshing experience among other soda offerings.

Recently, someone gave me a treatise on The 7-Ups of Life. The author is unknown, but the principles have meaning for us. Here they are:

1. **Wake Up!** Decide to have a good day. *Today is the day the Lord hath made; let us rejoice and be glad in it.* Psalm 118:24
2. **Dress Up!** The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. *The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart.* 1 Samuel 16:7
3. **Shut Up!** Say nice things and learn to listen. *Listen to advice and accept instruction, and in the end you will be wise.* Proverbs 19:20
4. **Stand Up!** For what you believe in. Stand for something or you will fall for anything. *Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good.* Galatians 6:9-10
5. **Look Up!** To the Lord. *I can do everything through Christ who strengthens me.* Philippians 4:13
6. **Reach Up!** For something higher. *Keep seeking the things above, where Christ is, seated at the right hand of God.* Colossians 3:1
7. **Lift Up!** Your prayers. *Do not worry about anything; instead pray about everything.* Philippians 4:6

Remembering these 7-Ups of life will make for good days.

--Beecher Hunter