

Lift Up Your Soul And Trust In The Lord

by Pastor Norm Franz

On August 7, 2010, the Lord gave me a prophetic word that said a new season of global shaking was coming on the world. He said it would cause all civil, political, financial, family and religious order to be lost. He also told us to return to Him and prepare ourselves in spirit, soul and body. Five months later (January 2011), the Arab spring erupted throughout the Arab world. Since that time, the nations have experienced an unprecedented breakdown in world order.

In 2010, the Lord also started giving us annual themes to focus our attention on that gave us direction for the year. As I sought the Lord for this year's direction, I felt He was showing me that the nations would see a ramped up loss of world order. He reiterated something I have been sharing for a long time which is, just like Noah's flood, this loss of order was coming and nothing was going to stop it...not EVEN President Trump.

In light of this, He made it clear to me that all of our physical preparation would be for naught if we did not focus on Him. When I sought Him for what He wanted us to focus on in 2018, He emphasized that our primary focus should be to *"lift up our souls to the Lord and trust in Him"* ([Ps. 25:1-2](#)).

Protecting And Preserving Our Soul

As I sought the Lord for a deeper understanding, He showed me that, just like righteous Lot's soul was tormented by the wicked deeds of unrighteous men, so too the souls of His righteous remnant are being tormented by the wickedness of unrighteous men today. However, He also pointed out that, just as He rescued Lot, He *"knows how to rescue the godly from temptation, and to keep the unrighteous under punishment for the day of judgment"* ([2 Pet. 2:7-10](#)).

In light of this, He made it clear that, as wicked men *"wax worse and worse"* ([2 Tim. 3:13](#)), His people need to protect and preserve their soul by lifting it up to a new level in Him. This is where we find strength to not shrink back, but endure *"in faith to the preserving of the soul"* ([Heb. 10:35-39](#)). This is part of God's process, whereby He sanctifies us *"spirit, soul, and body"* and *"preserves [us] complete, without blame at the coming of our Lord Jesus Christ"* (1 Thess. 5:23).

The Function And Future Of Our Soul

During my time of seeking the Lord about lifting up our soul, the Lord brought me back to Genesis 2:7 that says, *"God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a*

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End Time Wars Of Psalms 83

Jeremiah's Iraq War Chronicles

Taking On Yeshua's Yoke

[End Times](#)

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living soul” (also see [1 Cor. 15:45](#)). Therefore, man is a soul, who has a spirit of life given to him by God, and he lives in a flesh and blood body.

God designed our soul to integrate, coordinate, and animate all the various aspects of our being (spiritually, mentally, emotionally, and physically) into one unifying flow of our personhood. It governs our thoughts, emotions, and outward behavior that make up what we call our personality.

Consequently, our soul contains both an immaterial (spirit like) dimension, as well as a material (physical) aspect of our being. That makes our soul the center of our spiritual, mental, and emotional experiences which appears to almost function on its own ([Job 30:25](#); [Ps. 43:5](#); [Jer. 13:17](#)). We get a hint of this when we see the Psalmist speaking to his soul in the second person and asking it, “*Why are you in despair, O my soul? And why are you disturbed within me?*” Then he directs his soul to “*Hope in God, for I shall again praise Him, the help of my countenance and my God.*” (Ps. 43:5).

In the end, our soul is what embodies the life essence of our whole person, whether alive on earth or in the afterlife. Consequently, it is the soul that leaves our body at the time of our physical death ([Gen. 35:18](#)). This was proven in 1901 by Dr. Duncan MacDougall and five other physicians that conducted an experiment proving the soul actually exists, has weight, and leaves the body the moment a person dies.

The experiment itself was conducted on six dying patients (five men and one woman). The patients were placed on a special high precision weight scale just before dying. The objective was to identify any notable change in the weight of each person when they actually passed from life into death. Even after taking into account the change in weight from the release of air from the lungs and any bodily fluids, the results were immediate and astonishing, as Dr. MacDougall described in his report:

“The instant life ceased, the opposite scale pan fell with a suddenness that was astonishing; as if something had been lifted from the body. Immediately all the usual deductions were made for physical loss of weight, and it was discovered that there was still a full ounce (28.3 grams) of weight unaccounted for.”

It is important to note that the weight loss was the same in all six patients, which establishes the fact that the same thing left each person’s body at the moment of death. That could only have been their souls on the way to their eternal destination.

Here is where we must come to grips with the fact that, according to Scripture, when a person dies, their soul either goes to Paradise (heaven) or to Hades (hell). That means it was the souls of Lazarus and Father Abraham that the rich man saw, when he looked across the great chasm into Paradise from where his soul was in Hades ([Luke 16:19-31](#)). In hell, his soul could see, hear, speak, and physically feel that he was thirsty and in pain because of the “flame” (vs. 23-24). Hence, Dr. MacDougall’s experiment served to confirm that the soul lives on in heaven or hell after our physical death.

Benefits of Lifting Up Our Souls to the Lord

King David understood that there are many benefits to lifting our soul up in trust to the Lord and waiting on Him. One of them is that we would not be ashamed, juxtaposed to those who do not lift up their soul to God:

“To You, O Lord, I lift up my soul. O my God, in You I trust, do not let me be ashamed; do not let my enemies exult over me. Indeed, none of those who wait for You will be ashamed; those who deal treacherously without cause will be ashamed.” (Ps. 25:1-3 ^{NASB})

“It came about as her soul was departing (for she died), that she named him Ben-oni; but his father called him Benjamin. ”

– Gen. 35:18

When we lift our soul up to the Lord, He instructs us in the way we should walk.

“Let me hear Your lovingkindness in the morning; for I trust in You; **teach me the way in which I should walk; for to You I lift up my soul.**” (Ps. 143:8 ^{NASB})

Walking in God’s ways is important for living an overcoming life in any era, but it is especially important for overcoming in these last days when society is filled with so much fear, worry, and hate. David understood this and when his thoughts were filled with angst, he looked to the Lord for consolation saying, *“When my anxious thoughts multiply within me, Your consolations delight my soul.”* (Ps. 94:19).

David also understood that the consolation and delight he sought only came when he lifted up his soul and cried out to the Lord:

“Be gracious to me, O Lord, for to You I cry all day long. **Make glad the soul of Your servant, for to You, O Lord, I lift up my soul.**” (Ps. 86:3-5 ^{NASB})

It is important to note that it is not so much a touch from the Holy Spirit that preserves and delights our soul. A touch from the Spirit refreshes our spirit man, which our soul is aware of, but it is not God’s primary way of ministering to our soul. It is the life giving force of His Torah and Commandments that blesses, protects, preserves, instructs, guides, delights and restores our soul:

“The law [Torah] of the Lord is perfect, restoring the soul...The precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes.” (Ps. 19:7-8 ^{NASB})

“Teach me, Lord, the way of your decrees, that I may follow it to the end. Give me understanding, so that I may keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight.” (Ps. 119:33-35, 143 ^{NIV})

At this point, it is important to remember that the Old Testament (Torah) was the only form of God’s word that New Testament believers had. Based on that, both Paul and Peter tell us that our very salvation is rooted and understood through God’s Torah:

“...from childhood you [Timothy] have known the Holy Scriptures [Torah], which are able to make you wise for salvation through faith which is in Christ Jesus.” (2 Tim. 3:15 ^{NKJV})

“For you have been born again not of seed which is perishable but imperishable, that is, through the living and enduring word [Torah] of God.” (1 Pet. 1:23 ^{NASB})

In other words, it is God’s living Torah that brings us to the Lord and Savior of our souls through faith ([James 1:21](#)). Then it instructs us in the doctrines of God that show us how to walk that salvation out in righteousness during this life:

*“All Scripture [Torah] is given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”* (2 Tim. 3:16-17 ^{NKJV})

This process leads us into our eternal destiny that fully restores us to the tree of life:

*“Blessed *are* those who do His commandments, that they may have the right to the tree of life, and may enter through the gates into the city.”* (Rev. 22:14 ^{NKJV})

“Therefore lay aside all filthiness and wickedness, and receive with meekness the implanted word, which is able to save your souls.”
– James 1:21

How Do We Lift Our Souls Up To The Lord?

I believe everyone who is truly born again wants to effectively lift up their soul to the Lord, but they are not sure exactly how that is done. Just let me say that most of us just do this instinctively by the leading of the Holy Spirit without even realizing it. However, we experience a higher dimension of His presence, purpose and plan in our lives when we understand how that is done and what to expect from Him in response. Listed below are four practical ways to lift up our souls to the Lord:

1. We bless and minister to the Lord with every fiber of our being, by remembering all the benefits of being His child:

“Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget none of His benefits.” (Ps. 103:1-2 ^{NASB}).

2. Bless the Lord and openly declare His greatness before Him:

“Bless the Lord, O my soul! O Lord my God, You are very great; You are clothed with splendor and majesty... (Ps. 104:1 ^{NASB})

3. We lift up our soul to the Lord by hoping in Him and praising Him for helping us:

“Why are you in despair, O my soul? And *why* have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.” (Ps. 42:5 ^{NASB})

4. We lift up our soul to the Lord by studying and applying His word, which shows us the way to walk righteously in Him (Ps. 143:8). This strengthens our faith and shows us that we can trust the Lord to fulfill His Word in our lives.

“To You, O LORD, I lift up my soul. O my God, in You I trust.” (Ps. 25:1-3 ^{NASB})

“I wait for the Lord, my soul does wait, and in His word do I hope.” (Ps. 130:5 ^{NASB})

“But those who wait on the Lord shall renew *their* strength...” (Is. 40:31 ^{NKJV})

This mix of lifting up our souls to the Lord will enlarge our understanding of God’s Covenant in Messiah Yeshua that shows us how to grow and patiently work out His salvation in our lives.

“Truly is not my house so with God? For He has made an everlasting covenant with me, ordered in all things, and secured; For all my salvation and all *my* desire, will He not indeed make it grow? (2 Sam. 23:5 ^{NASB})

“Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation.” (1 Pet. 2:2 ^{NASB})

“So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling.” (Phil. 2:12 ^{NASB})

As we move through this process, God will progressively show us how to walk in His ways. This progression is part of the forerunner spiritual anointing of Elijah that goes before the coming of the Lord to write His Torah on our hearts “*so as to make us a people prepared for the Lord.*” ([Luke 1:17](#); [Mal. 4-6](#)). ✨

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**“They hold fast to themselves an evil purpose... They devise injustices, saying, ‘We are ready with a well conceived plot.’”
– Ps. 64:5-6**