

# KNOCKED DOWN, RAISED UP!

Biblical Stories of Falling, Rising,  
and Restoration



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## Foreword

We have all been knocked down. Some of us have been knocked out. Some of us carry scars from storms, trauma, betrayal, and loss that make getting back up feel impossible. The Bible does not promise we will never fall; it shows us people who fell hard — and how God met them, healed them, and raised them up. This booklet gathers examples from the Old and New Testaments, draws out lessons and practical steps, and offers prayers and reflection prompts to help you stand again.

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### What it Looks Like to Be Knocked Down

To be knocked down can mean many things: loss of job, broken relationship, grief, shame, trauma,

illness, spiritual silence, or failure. Sometimes we are physically knocked down; other times it's an inner collapse — fear, guilt, depression. Scripture calls such seasons “trials” and “tribulations,” and repeatedly shows that being brought low is not the end of the story.

## Old Testament Stories of Falling and Rising

These narratives show varied ways God restores people and nations.

- Joseph (Genesis 37, 39–50)

Fell: Sold into slavery, falsely accused, imprisoned.  
Raised: God elevated him to second-in-command in Egypt, preserved his family, forgave his brothers.  
Lesson: God can use betrayal and injustice to accomplish larger purposes; forgiveness restores relationships.

- Job (Book of Job)

Fell: Lost family, health, wealth; brutal suffering and pain.

Raised: God restored his fortunes and gave him more than before (Job 42:10–17).

Lesson: God is present in suffering; restoration may come after endurance and reorientation to God.

- David (1 Samuel 16 – 2 Samuel)

Fell: Sins (Bathsheba, Uriah), family turmoil, exile from his throne.

Raised: Repentance, God's mercy, and continued reliance on God led to restoration of relationship and role.

Lesson: Confession and humility lead to healing; God remains with flawed leaders who turn back to Him.

- Moses (Exodus)

Fell: Fled Egypt after killing a man, lived as a shepherd in exile.

Raised: Called at the burning bush, led Israel out of bondage.

Lesson: Seasons of obscurity can be training for future calling.

- Samson (Judges 13–16)

Fell: Compromised faith, captured and humiliated by enemies.

Raised: In weakness he prayed and God gave him strength to defeat his enemies.

Lesson: Even after grievous failures, God can use surrender and one last act of faith for purpose.

- Jonah (Book of Jonah)

Fell: Ran from God, swallowed by a great fish.

Raised: Repented, obeyed, and became an instrument of mercy to Nineveh.

Lesson: God's grace extends beyond our fears and

prejudices; second chances are real.

- Naomi & Ruth (Ruth)

Fell: Naomi lost husband and sons; Ruth lost homeland and security.

Raised: Through loyalty, faith, and God's provision (Boaz), Ruth and Naomi found restoration.

Lesson: Community, covenant loyalty, and God's providence restore hope.

- Hannah (1 Samuel 1–2)

Fell: Barrenness and social pain.

Raised: Gave birth to Samuel; dedicated him to God; she was spiritually renewed.

Lesson: Persistent prayer and surrender lead to breakthrough.

- Daniel (Daniel)

Fell: Captivity and trials, threatened by wolves (lions' den) and plots.

Raised: God protected and elevated him as a prophet and leader in exile.

Lesson: Faithfulness under pressure results in vindication and witness.

## New Testament Stories of Restoration

The New Testament centers on Jesus — his suffering, death, and resurrection — and shows how he

raises people back to life spiritually and sometimes physically.

- Jesus Christ (Gospels)

Fell: Betrayal, humiliation, crucifixion, death.

Raised: Resurrection — the ultimate restoration and hope for all.

Lesson: Through suffering comes redemption; resurrection is the heart of restoration.

- Peter (Gospels; John 21)

Fell: Denied Jesus three times.

Raised: Forgiven and restored by Jesus; recommissioned to shepherd the flock (John 21:15–19).

Lesson: Restoration includes forgiveness and renewed purpose.

- Paul (Acts; Epistles)

Fell: Persecutor of Christians; faced shipwrecks, imprisonments, physical afflictions.

Raised: Encounter with Christ transformed him into apostle to the Gentiles; his sufferings became service.

Lesson: Conversion and suffering can redirect life into powerful ministry.

- Mary Magdalene (Gospels)

Fell: Delivered from seven demons (Luke 8:2).

Raised: Restored, became the first witness of the

resurrection (John 20:11–18).

Lesson: Deliverance creates testimony and faithful service.

- Lazarus (John 11)

Fell: Died.

Raised: Jesus brought him back to life physically — sign of greater resurrection hope.

Lesson: Jesus is Lord over death; restoration can be both literal and symbolic.

- Stephen (Acts 6–7)

Fell: Stoned to death for his witness.

Raised: His martyrdom launched the spread of the gospel; Saul/Paul's conversion followed.

Lesson: Sometimes restoration comes through the fruit born from sacrifice.

- Zacchaeus (Luke 19)

Fell: Social isolation as a despised tax collector.

Raised: Encounter with Jesus led to repentance, restitution, and restoration in community.

Lesson: New life begins with true repentance and restitution.

## Parables and Teaching About Restoration

Jesus used parables to teach about God's heart for the lost and the fallen.

- Prodigal Son (Luke 15:11–32)

Theme: Radical forgiveness and restoration; return to relationship matters more than status.

- Lost Sheep and Lost Coin (Luke 15:1–10)

Theme: God seeks the lost; restoration is celebrated.

- Good Shepherd (John 10)

Theme: The shepherd seeks and brings back the wounded sheep; care for the vulnerable.

These teachings underscore that restoration is initiated by God's love and pursued with joy.

## How Jesus Raises Us Up: Patterns from Scripture

Across the stories we see recurring patterns:

- Presence in suffering (God with us)
- Honest lament and lamentation (Job, Psalms)
- Repentance and confession (David, Peter)
- Prayer and dependence (Hannah, Paul)
- Community and reconciliation (Ruth and Naomi, Zacchaeus)
- Purpose found in pain (Joseph, Paul)
- Forgiveness and mercy (Joseph, Prodigal Son)
- Divine timing and patience (Job, Elijah)

## Practical Steps to Get Back Up

These are spiritual and practical actions drawn from Scripture and lived faith:

- Name the fall: Be honest about what happened.
- Pray and lament: Bring pain to God; use the Psalms as language.
- Confess where needed: Repentance opens the door to healing.
- Receive forgiveness: Accept God's grace and forgive others and yourself.
- Reconnect with community: Find a church, small group, mentor, or trusted friend.
- Take small steps of obedience: Service, devotion, modest routines rebuild momentum.
- Seek counsel and help: Pastors, counselors, and professionals for trauma and mental health.
- Reframe the story: Look for how God may be shaping purpose through pain.
- Rest and rebuild physically: Sleep, nutrition, and exercise matter.
- Testify: Share the story of what God is doing — like many Biblical witnesses.

### Prayers, Meditations, and Short Liturgies

A brief restorative prayer:

Lord Jesus, I am knocked down; I feel weak, ashamed, hurt. Meet me in this place. Hold my hand, heal my wounds, and lift me by your grace. Teach me to

forgive, to repent, and to walk again in your strength. Restore what has been broken, and use my story for your glory. Amen.

A prayer for endurance:

God of mercy, when I stagger, steady me. When I cannot see the way, grant me faith to take the next step. Renew my heart and mind. In Jesus' name, Amen.

A short daily practice:

- Morning: 5 minutes Scripture (Psalm 23, Romans 8), breathe, pray “Lord, help me take one faithful step today.”
- Evening: Journal one thing God did, one difficulty, one small hope for tomorrow.

### Reflection Questions and An Action Plan

Reflection questions

- Where have I been knocked down recently? Describe the fall honestly.
- What emotions and thoughts are most present?
- What sins, wounds, or losses need confession, healing, or limits?
- Who can I invite into my story for support and accountability?
- What one small faithful step can I take this week?

## Action Plan (7-day starter)

- Day 1: Name the pain and pray honestly.
- Day 2: Read a restorative Scripture (Psalm 34, Psalm 40, Luke 15).
- Day 3: Reach out to one person for support.
- Day 4: Take a practical step (doctor, counselor, job lead, apply).
- Day 5: Serve someone — serving heals.
- Day 6: Rest and practice a short gratitude list.
- Day 7: Review and plan next week, celebrate small wins.

## Suggested Scripture Readings

- Psalms of lament and hope: Psalm 13, 22, 23, 34, 40, 42–43, 71
- Restoration narratives: Genesis 37–50 (Joseph), Job, Ruth, 1 Samuel 1–2 (Hannah)
- Gospels: Luke 15 (parables of restoration), John 21 (Peter’s restoration)
- Acts and Epistles: Acts 9 (Paul’s conversion), Romans 8, 2 Corinthians 4–5
- Stories of deliverance and protection: Daniel 6, Jonah

## Closing Encouragement

You are not defined by how many times you fall. You are defined by the One who raises the dead to life.

Scripture is full of people who were knocked down, broken, ashamed, or defeated — and who found mercy, purpose, and restoration through God. Trust the God who raises the lowly. Take a next small step today and let your story join the great biblical chorus of falling and rising up.