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WHO IS YOUR HELP? PSALM 122:1-2

OVERVIEW:

HAVE YOU EVER WATCHED A BABY BEGIN TO WALK FOR THE FIRST TIME? THEIR FOOTING IS VERY *UNSTABLE*. THEY ARE VERY *UNCERTAIN* ABOUT THEIR ABILITY TO MANEUVER WITHOUT THE ASSISTANCE OF A PARENT. THEY ARE VERY *UNAWARE* OF THE DANGERS THAT MAY BE LURKING AROUND THE CORNER IF THEY ARE NOT CAREFUL. THEY ARE ALSO VERY *UNFAMILIAR* WITH THEIR PRESENT SURROUNDINGS SINCE ONE PARENT HAS ALWAYS CARRIED THEM AROUND IN THEIR ARMS TO GET FROM POINT A TO POINT B. AS THE BABY GAINS CONFIDENCE AND TRANSITIONS FROM A CRAWLING POSITION TO A STANDING POSTURE, THEY THEN ATTEMPT TO WALK BY THEMSELVES.

HAVE YOU EVER NOTICED WHEN A BABY FALLS DOWN, THEY ARE IN A STATE OF SHOCK; THEY YELL OUT A LOUD SCREAM; THEY RAISE THEIR ARMS IN TOTAL SURRENDER WHEN SOMEONE COMES TO THEIR RESCUE, AND THEY DESPERATELY NEED SOMEONE TO HELP THEM GET UP AND BALANCE THEMSELVES ONCE AGAIN?

YOU NEED TO LEARN A VALUABLE LESSON FROM A BABY. WHEN YOU FALL DOWN, ALL YOU HAVE TO DO IS LOOK UP, REACH UP, AND GET UP WITH THE HELP OF YOUR HEAVENLY FATHER. HE IS A VERY PRESENT HELP IN THE TIME OF TROUBLE!



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“HELP” IS DEFINED AS...

(VERB USED WITH OBJECT) TO GIVE OR PROVIDE WHAT IS NECESSARY TO ACCOMPLISH A TASK OR SATISFY A NEED; CONTRIBUTE STRENGTH OR MEANS TO; RENDER ASSISTANCE TO; COOPERATE EFFECTIVELY WITH; AID; ASSIST:

(NOUN) A PERSON OR THING THAT HELPS:

IN THE MOVIE “THE HELP”, THE MAIDS (**“THE HELP”**) SHOPPED AND COOKED MEALS, CLEANED THE HOUSE, WASHED AND IRONED CLOTHES, AND LITERALLY RAISED SOMEONE ELSE’S CHILDREN. THEY WERE USUALLY LOVED BY THE CHILDREN AND EVEN THE PARENTS AND TREATED WITH LOVE AND RESPECT. BUT WHEN THERE WERE GUESTS AROUND, THE SAME “HELP” HAD TO ENTER IN THE BACK DOOR, SERVE THE GUESTS AND THEN EAT IN THE KITCHEN. SOME WERE NOT EVEN ALLOWED TO USE THE SAME BATHROOM. DOES THIS SOUND SIMILIAR TO THE WAY WE TREAT OUR HELP (**“OUR HEAVENLY FATHER”**)?

WHEN YOU’RE AT SCHOOL, NONE OF YOUR CLASSMATES KNOW ANYTHING ABOUT YOUR CHRISTIAN BELIEFS AND WHERE YOUR BLESSINGS COME FROM. NO ONE ON YOUR JOB EVEN KNOWS YOU KNOW HOW TO SPELL “JESUS”, LET ALONE CALL ON HIM WHEN YOU’RE IN TROUBLE BECAUSE OF THE FOWL LANGUAGE AND BAD WORK ETHICS YOU DISPLAY IN THE WORKPLACE. AND HOW ABOUT WHEN YOU’RE AROUND YOUR UNCHURCHED FAMILY MEMBERS AND FRIENDS? YOU PROVIDE THEM WITH THEIR FAVORITE ALCOHOLIC BEVERAGE, YOU PLAY THE MOST VULGAR MOVIES AND YOU ALLOW THEM TO DO AND SAY ANY DAMNABLE THING THEY WANT TO WHILE THEY ARE IN YOUR HOUSE JUST TO KEEP THE PEACE!

KEY IDEA: YOU CAN GET THE HELP YOU NEED TO HAVE LIFE AND HAVE IT MORE ABUNDANTLY. ALL YOU NEED TO DO IS **LOOK UP AND LIVE!**



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—*Teaching point one:*.WHAT YOU NEED TO DO TO GET THE HELP YOU NEED

VERSE 1: (READ)

LOOK UP **NOT** DOWN. WHEN YOU LOOK DOWN, YOU LIMIT YOUR VIEW, PERSPECTIVE, AND SCOPE. YOU ARE ONLY ABLE TO SEE RIGHT WHERE YOU ARE; YOUR PRESENT SITUATION; YOUR PRESENT DILEMMA; AND YOUR PRESENT CRISIS. BUT WHEN YOU BEGIN TO LOOK UP, THERE ARE ENDLESS SKIES, ENDLESS SEAS, AND ENDLESS OPPORTUNITIES TO MOVE UPWARD, OUTWARD AND FORWARD.

(JEREMIAH 3:23) - TRULY IN VAIN IS *THE HELP THAT IS LOOKED FOR* FROM THE HILLS, THE TUMULT ON THE MOUNTAINS: TRULY IN JEHOVAH OUR GOD IS THE SALVATION OF ISRAEL.

VERSE 2: (READ)

MAN MAKES PROMISES. MAN MAKES VOWS. MAN MEANS WELL. MAN HAS GOOD INTENTIONS. BUT MAN'S EXTREMITY IS GOD'S OPPORTUNITY. MAN HAS DEBILITATIONS, HESITATIONS AND MISINTERPRETATIONS. BUT GOD ALREADY KNOWS THE SITUATION AND THE OUTCOME. SO WHILE YOU'RE TRYING TO FIGURE IT OUT, GOD HAS ALREADY WORKED IT OUT. **(PSALM 118:8)** - IT IS BETTER TO TRUST IN THE LORD THAN TO PUT **CONFIDENCE** IN MAN.

WHEN YOU LOOK UP, IT GIVES YOU SOMEWHERE TO REACH FOR, SOMEWHERE TO AIM YOUR FOCUS AND ATTENTION, SOMEWHERE TO CLIMB UP TO! UP IS WHERE YOU ULTIMATELY WANT TO BE IN THIS LIFE AND THE LIFE TO COME! ONCE WE'VE GONE UP AS FAR AS WE CAN HERE, THEN THERE IS HEAVEN!



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—*Teaching point two:* YOUR HELP RESIDES IN THE HILLS

HERE THE PSALMIST, DAVID IS NOT LOOKING TO THE MOUNTAINS FOR HIS HELP OR TO ANYTHING OR ANYONE DWELLING ON THESE HILLS. RATHER, HE LOOKS TO THE MAKER OF THE MOUNTAINS – GOD HIMSELF – FOR HIS ASSISTANCE.

EVERY ONE OF YOU BELIEVERS DESPERATELY NEEDS GOD’S POWER TO LIVE THE CHRISTIAN LIFE, WHETHER IT BE REACHING A CONTINENT FOR CHRIST ABROAD OR SIMPLY BEING FAITHFUL TO LIVE FOR THE LORD AT HOME. ONE OF YOUR GREATEST CHALLENGES IS TO LIVE THE CHRISTIAN LIFE, NOT IN ONE’S OWN STRENGTH BUT IN THE POWER THAT GOD PROVIDES. **(EPHESIANS 6:10)** FINALLY, MY BRETHREN, BE STRONG IN THE LORD, AND IN THE **POWER OF HIS MIGHT**.

OUR GOD SITS HIGH AND LOOKS LOW! HE SEES ALL. HE KNOWS ALL. AND HE IS IN ALL PLACES. ANYTHING THAT TAKES YOU DOWN IN LIFE IS ABSOLUTELY NOT OF GOD! THINK ABOUT IT. DO YOU HAVE FRIENDS THAT ARE CONSTANLY TRYING TO CONVINCING YOU TO GO TO PLACES YOU KNOW YOU HAVE NO BUSINESS, OR THEY ARE ALWAYS TEMPTING YOU TO DO SOMETHING YOU HAVE NO BUSINESS DOING, OR THEY ARE FOREVER PUTTING YOU IN A HOSTILE ENVIRONMENT WHERE YOU MORE THAN LIKELY WILL SLIP AND SAY SOMETHINGS YOU HAVE NO BUSINESS SAYING? MY FRIEND THINK TWICE ABOUT WHO YOU ALLOW TO EXIST IN YOUR INNER CIRCLE.

FRIENDS ARE ALWAYS TRYING TO HELP EACH OTHER BE THE BEST THAT THEY CAN BE, DO THE BEST THEY CAN DO AND HAVE THE BEST THEY CAN HAVE. THEY ARE WILLING TO SHARE WHATEVER THEY HAVE AND IMPART GODLY WISDOM WITHOUT HESTIATION. WHERE IS YOUR HELP ON TODAY?



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—*Teaching point three:*.WHY LOOK TO GOD FOR HELP?

(VERSE 3 – READ)

a. **HE IS YOUR STRENGTH**

ONLY THE ONE WHO HAS THE INFINITE POWER TO MAKE HEAVEN AND EARTH HAS THE ABILITY TO ENABLE YOU TO LIVE TRIUMPHANTLY.

b. **HE IS YOUR SUPPORT (PROP) - (VERSE 4 – READ)**

GOD WILL NOT LET YOUR FOOT SLIP. THE HEBREW WORD FOR WATCHES OVER (*SHAMAR*) IS USED SIX TIMES IN THIS PSALM, INDICATING THAT GOD HIMSELF IS THE GUARDIAN OF HIS PEOPLE.

WHEN GOD IS HOLDING YOUR HAND AND NOT YOU HOLDING HIS HAND, HE IS ABLE TO KEEP YOU FROM FALLING. HE IS YOUR ANCHOR IN THE TIME OF STORM!

c. **HE IS YOUR SHADE - (VERSE 5 – READ)**

A SHADE IS USED TO PROTECT YOU FROM THE RAYS AND THE GLARE OF THE SUN LIGHT. MERRIAM'S DICTIONARY DEFINES A PROTECTOR AS "A GUARDIAN OR ONE WHO COVERS OR SHIELDS FROM EXPOSURE, INJURY, DAMAGE OR DESTRUCTION." GOD IS OUR PROTECTOR!



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d. **HE IS YOUR SAVIOR / PRESERVER - (VERSE 7 & 8 – READ)**

A PRESERVER IS DEFINED AS ONE WHO KEEPS YOU SAFE FROM INJURY, HARM OR DESTRUCTION. IF YOU'VE GRADUATED FROM HIGH SCHOOL 30+ YEARS AGO HAVE ANY CLASSMATES WHO LOOK LIKE YOUR PARENTS INSTEAD OF YOUR CLASSMATES BECAUSE THEY HAVE BEEN TATTERED AND TORN BY THE HARD LIFE THEY CHOSE TO LIVE? THEN THERE ARE OTHERS YOU KNOW WHO ARE TRUE BELIEVERS IN JESUS CHRIST AND THEY STILL LOOK THE SAME AS THEY DID WHEN THEY WERE IN HIGH SCHOOL? CAN YOU GUESS WHO THE PRESERVED ONES ARE? GOD IS A KEEPER!

NOT ONLY HAS HE KEPT YOU FROM YOUR EARLY EXISTENCE BUT HE'S KEPT YOU UP TO THIS PRESENT MOMENT. AND HE IS ABLE TO CONTINUE TO KEEP YOU FROM THIS TIME FORTH AND EVEN FOREVER MORE. THAT MEANS HE CAN KEEP YOU UNTIL HE CALLS YOU HOME!

NOT ONLY DOES HE KEEP YOU PHYSICALLY AND HELPS YOU MAINTAIN YOUR YOUTHFUL GLOW, BUT HE KEEPS YOU SPIRITUALLY SO THAT SATAN CAN'T DO YOU NO HARM. THE BIBLE SAYS THAT NO WEAPON THAT IS FORMED AGAINST YOU SHALL PROSPER. THAT MEANS THAT EVEN WHEN THEY ARE AIMED AND FIRED IN YOUR DIRECTION, GOD WILL KEEP YOU PROTECTED UNDER HIS MIGHTY HAND.

HE IS ABLE AND HE IS WILLING TO HELP YOU. JUST ASK HIM.



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CONCLUSION:

JUST LIKE A BABY WHO FALLS DOWN AND LOOKS FOR MOMMY OR DADDY TO PICK THEM UP, YOU TOO CAN LOOK TO THE MOUNTAIN TOP TO YOUR FAITHFUL FATHER TO PICK YOU UP AND BRING YOU OUT OF YOUR VALLEY EXPERIENCE. WHEN YOU ARE IN TROUBLE, WHEN YOU ARE DISTRESSED, WHEN YOU HAVE GONE AS FAR AS YOU KNOW HOW, THAT IS THE TIME TO LOOK UP TO GOD FOR YOUR HELP. YOU SHALL LIVE AND NOT DIE!

THE BIBLE SAYS, "WHEN THOU PASSEST THROUGH THE WATERS, I WILL BE WITH THEE; AND THROUGH THE RIVERS, THEY SHALL NOT OVERFLOW THEE. WHEN THOU WALKEST THROUGH THE FIRE, THOU SHALT NOT BE BURNED, NEITHER SHALL THE FLAME KINDLE UPON THEE."

HE WILL SHOW UP AND SHOW OUT ON YOUR BEHALF! WHEN YOU HIT ROCK BOTTOM, AND THE ONLY PLACE YOU CAN LOOK IS UP, LOOK TO THE HILLS AND REMEMBER THAT HE IS YOUR STRENGTH, YOUR SUPPORT, YOUR SHADE AND YOUR SAVIOR. ALL OF YOUR HELP COMES FROM THE LORD!

SCRIPTURE REFERENCE:

PSALMS 122:1-2

JEREMIAH 3:23

PSALM 118:8

EPHESIANS 6:10

ISAIAH 43:2



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REVIEW

The word "Help" is defined as _____

What should you do to get the help you need? _____

God can be your help because He is:

_____	_____
_____	_____
_____	_____

Where do you look for help? _____
