

Finding Our Help in God

Psalm 121



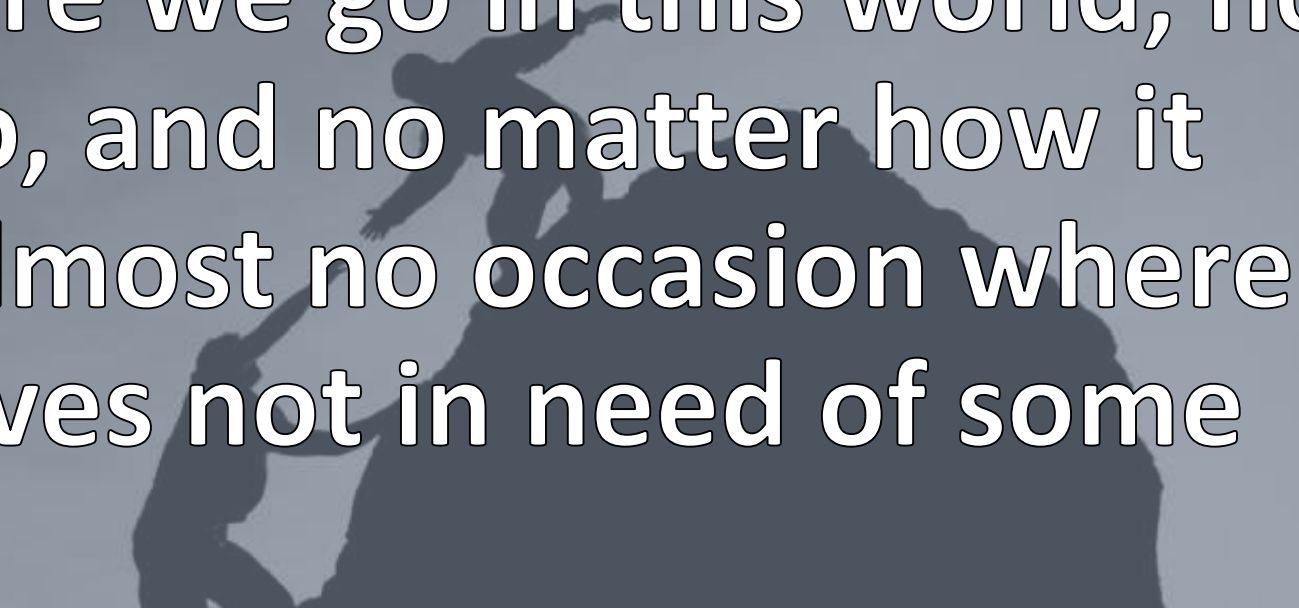
Finding Our Help in God

“The Christian life is not a constant high. I have my moments of deep discouragement. I have to go to God in prayer with tears in my eyes, and say, 'O God, 'Help me.'”

—Billy Graham

Finding Our Help in God

No matter where we go in this world, no matter what we do, and no matter how it ends up, there is almost no occasion where we will find ourselves not in need of some type of help.

A silhouette of three people climbing a large, dark rock formation. One person is at the top, another is in the middle, and a third is at the bottom, reaching up. The background is a soft, hazy sky with a sunset or sunrise glow.

Finding Our Help in God

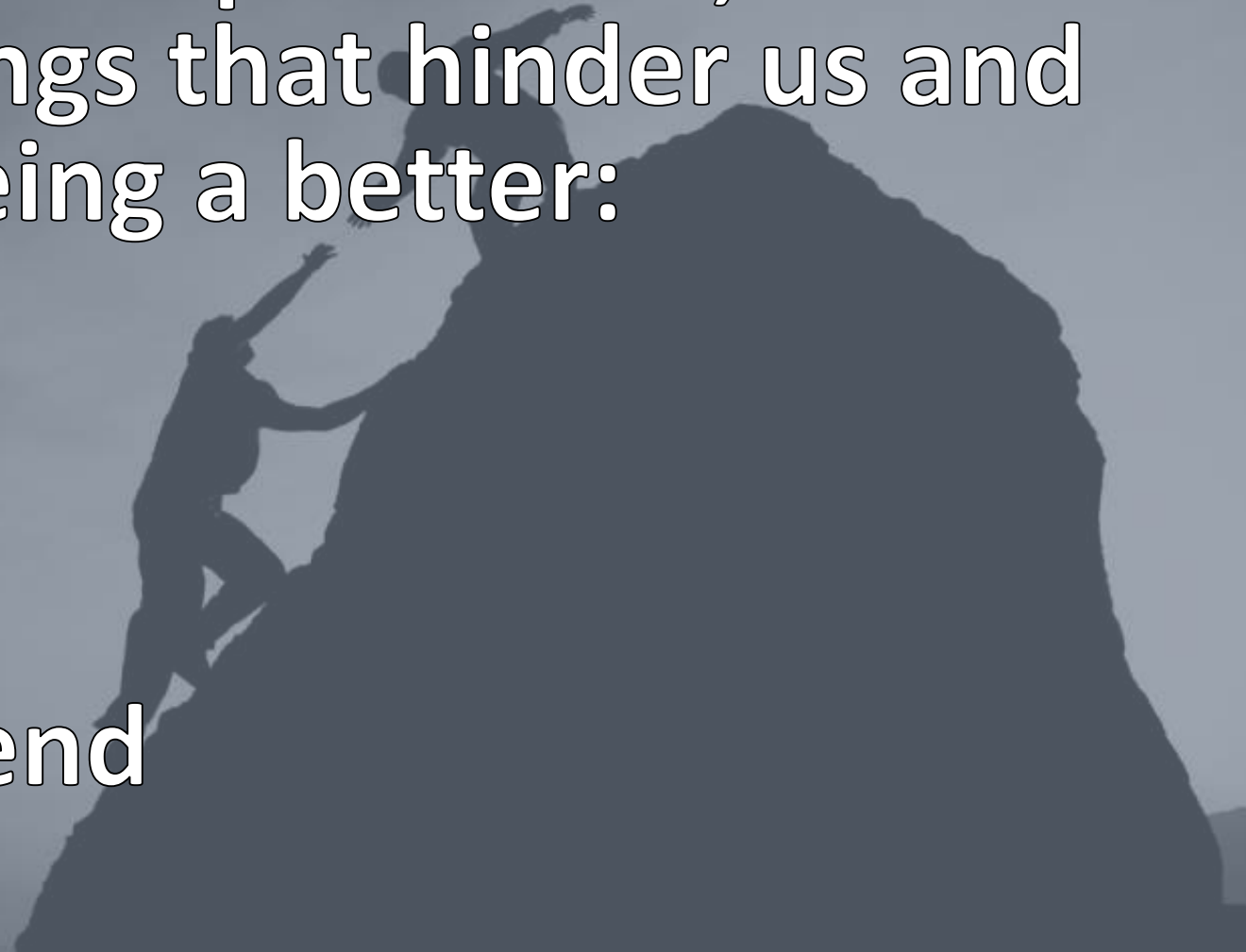
As we dig even deeper in this, we look at our flaws. The things that hinder us and hold us up from being a better:

- Christian

- Spouse

- Parent

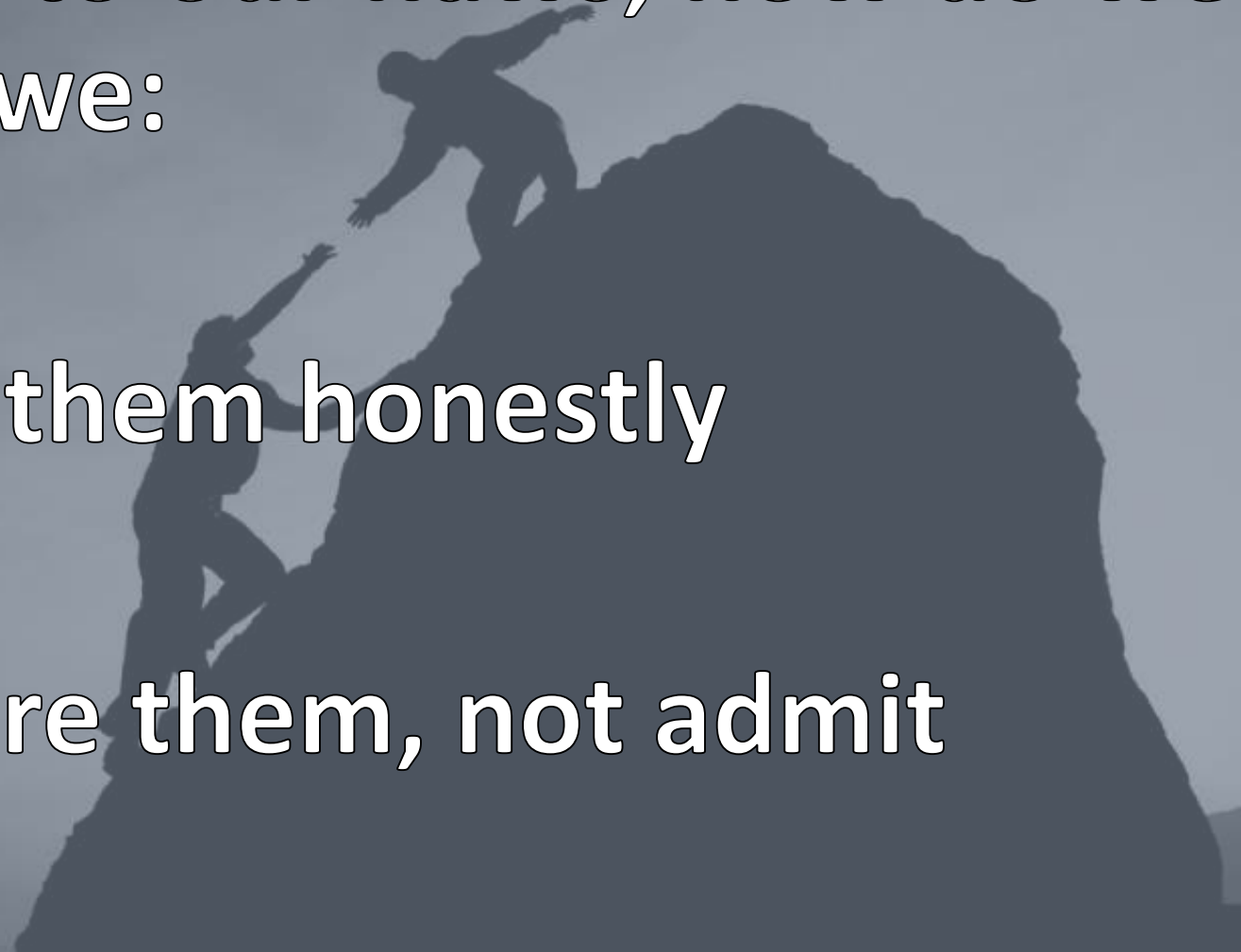
- Friend



Finding Our Help in God

When it comes to our flaws, how do we handle them? Do we:

- Deal with them honestly
- Try to ignore them, not admit



Finding Our Help in God

We forget what help is there to do.

Help!



Finding Our Help in God

Knowing that we have God's help gives us an overwhelming calmness and understanding that although we may not have this under control, whatever that is, God does.

Finding Our Help in God

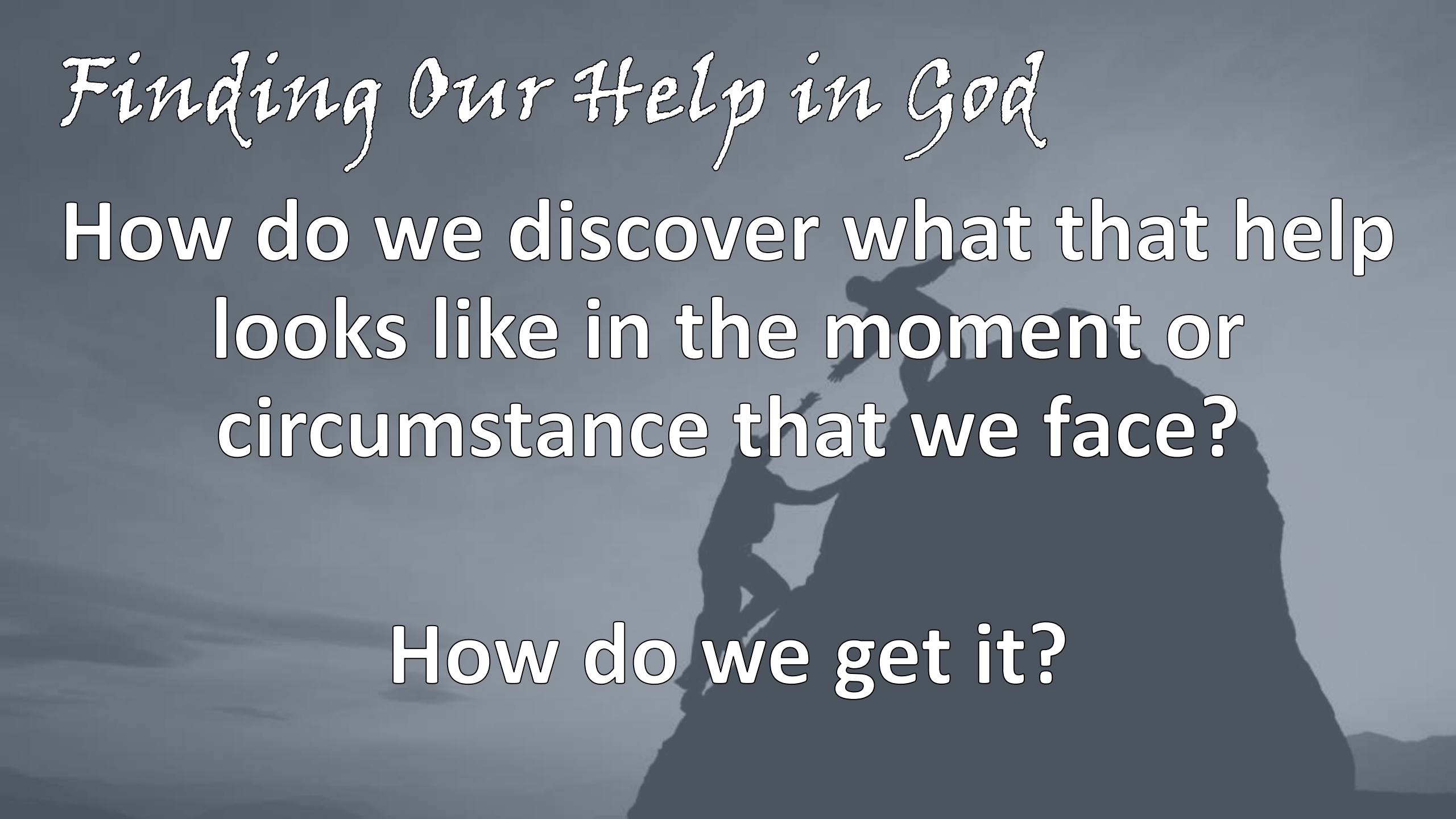
“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”

—Chuck Swindoll

Finding Our Help in God

How do we discover what that help looks like in the moment or circumstance that we face?

How do we get it?



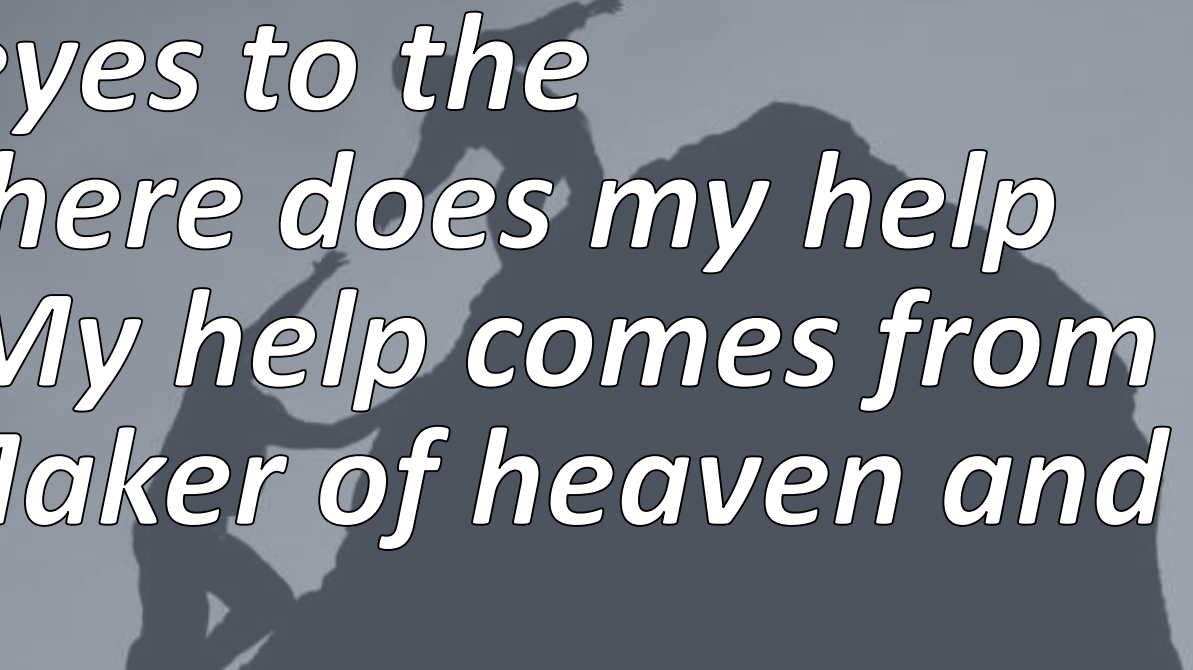
Finding Our Help in God

1. Our Help Begins with Perspective
(v. 1-2)
2. Our Help Comes with Protection
(v. 3- 6)
3. Our Help Points to Preservation
(v. 7-8)



Our Help Begins with Perspective

1 "I lift up my eyes to the mountains—where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth."

A silhouette of a person climbing a jagged mountain peak. The person is positioned on the left side of the peak, reaching up towards the top. The background is a clear blue sky with some light clouds. The mountain itself is dark and rocky, with sharp edges and a steep incline.

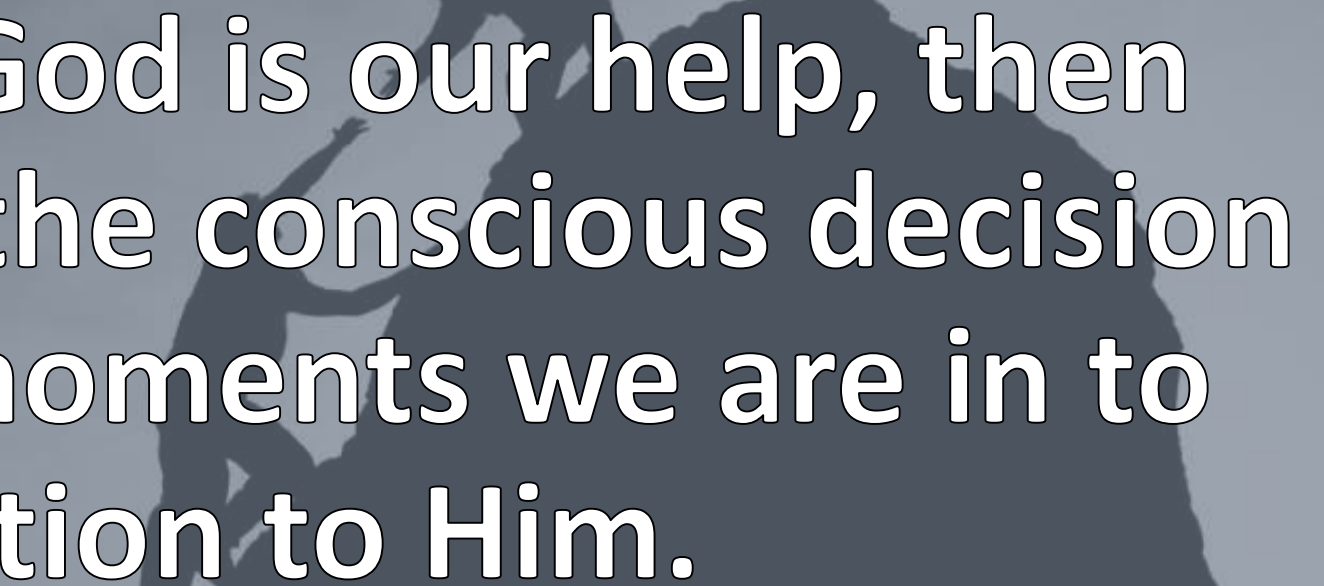
Our Help Begins with Perspective

In the midst of our crisis or struggle,
we tend to focus more on the
circumstance, rather than look to God
for help.

What are you focusing on?

Our Help Begins with Perspective

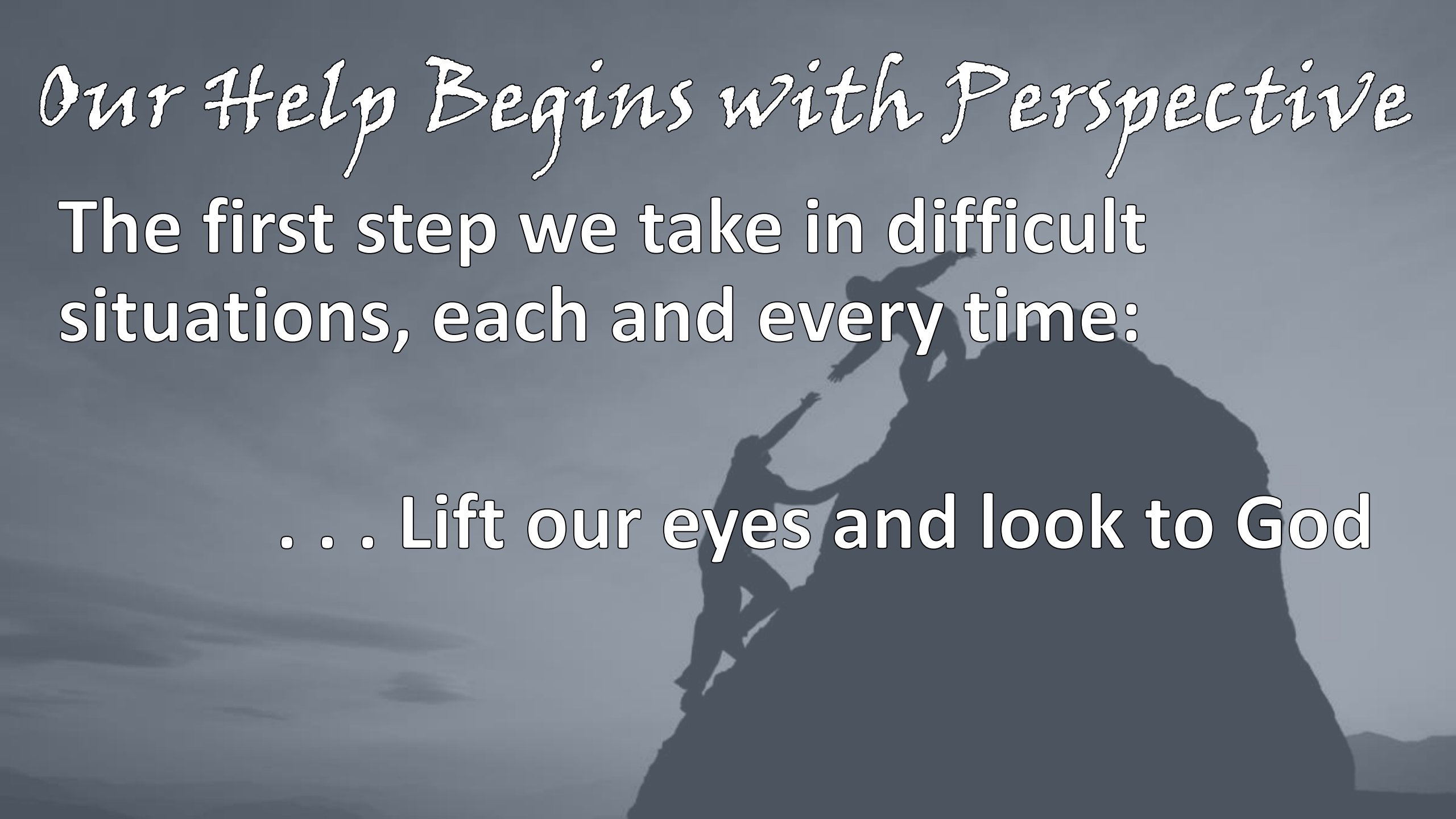
If we know God is our help, then we must make the conscious decision in each of the moments we are in to direct our attention to Him.

The background of the image features a dark, silhouetted rock formation. Several figures are visible climbing the rock, with one person near the top and others below, reaching up. The sky is a light, hazy blue, providing a stark contrast to the dark rock and figures.

Our Help Begins with Perspective

The first step we take in difficult situations, each and every time:

. . . Lift our eyes and look to God



Our Help Begins with Perspective

Heb. 4:16

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

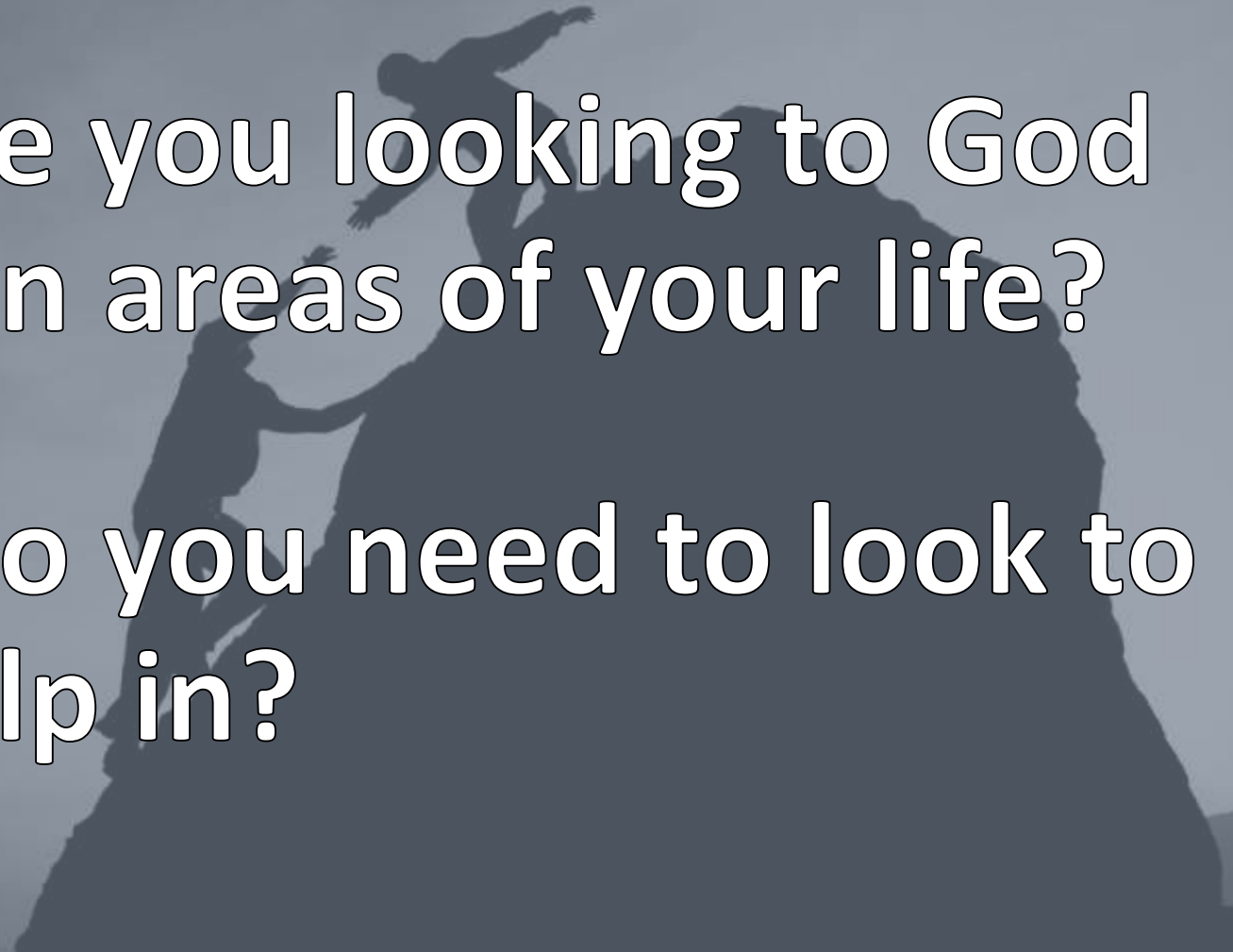
A dark silhouette of a person is shown climbing a large, craggy rock formation. The person is positioned on the right side of the rock, with one foot planted on a ledge and arms extended for balance. The background is a soft, hazy landscape with distant hills under a light sky.

Our Help Begins with Perspective

Questions:

How often are you looking to God for help in certain areas of your life?

What areas do you need to look to Him more for help in?



Our Help Comes with Protection

³ "He will not let your foot slip— he who watches over you will not slumber; ⁴ indeed, he who watches over Israel will neither slumber nor sleep. ⁵ The Lord watches over you— the Lord is your shade at your right hand; ⁶ the sun will not harm you by day, nor the moon by night."

Our Help Comes with Protection

Safety and Protection

God gives us His
Protection!



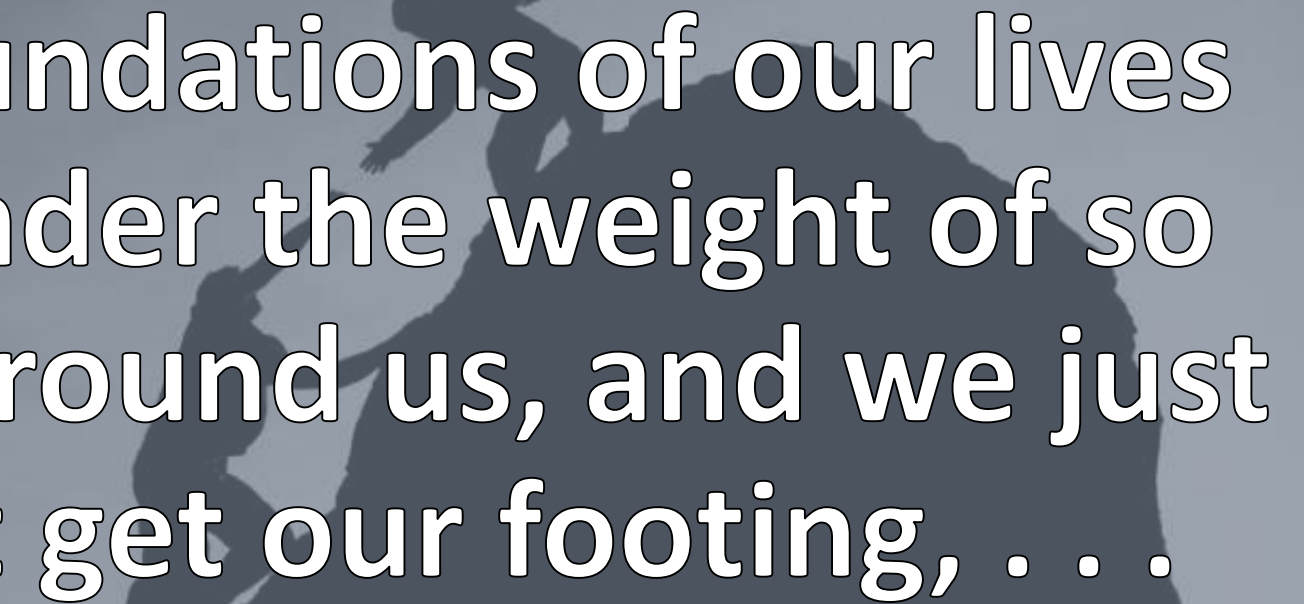
Our Help Comes with Protection

God's protection moves beyond our
incapability's



Our Help Comes with Protection

When the foundations of our lives are crumbling under the weight of so much going on around us, and we just feel like we can't get our footing, . . .

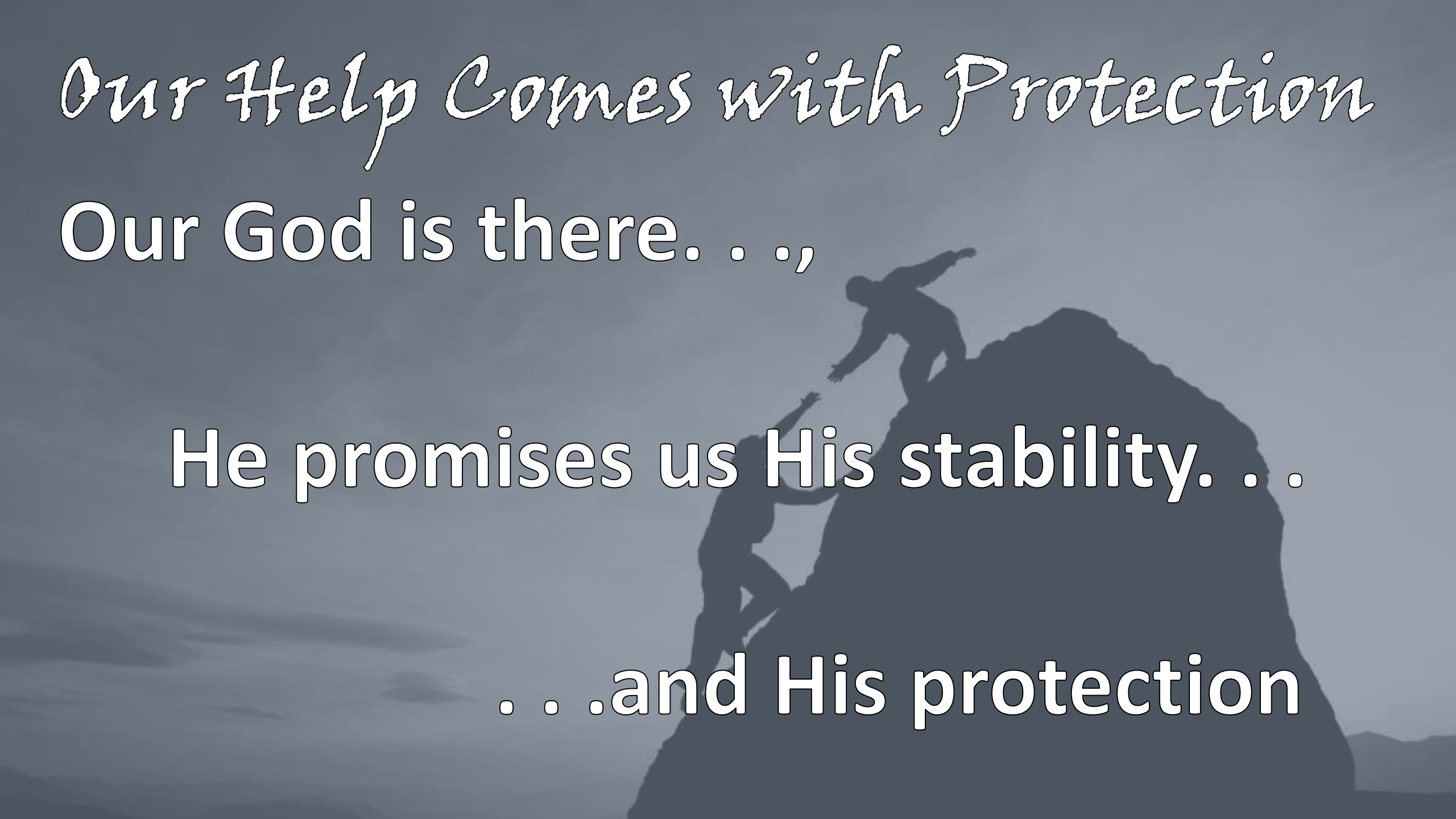
A background image showing the silhouettes of several people climbing a large, craggy rock formation. The scene is set against a light, overcast sky, suggesting a challenging outdoor activity like rock climbing or mountaineering.

Our Help Comes with Protection

Our God is there. . . ,

He promises us His stability. . .

. . . and His protection



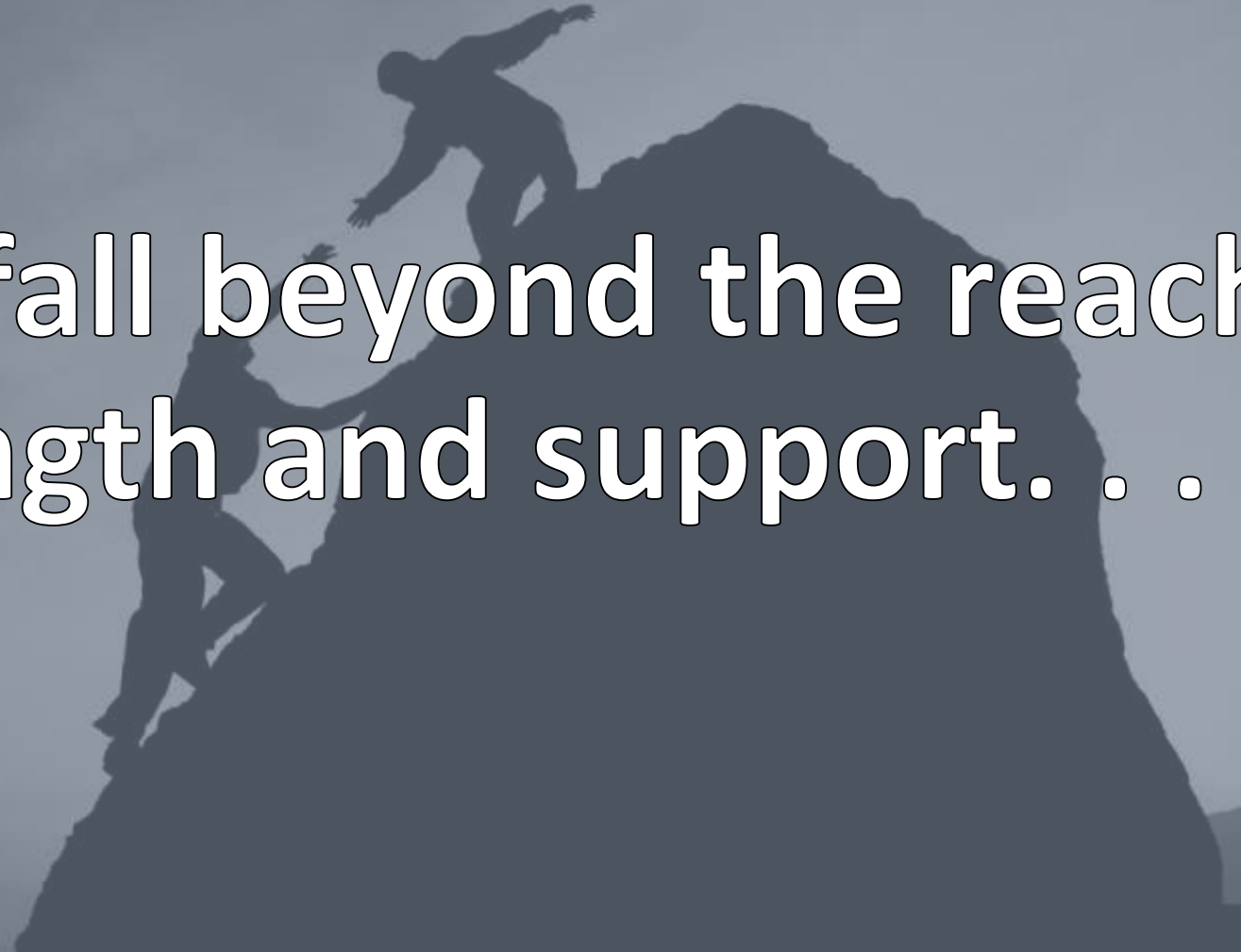
Our Help Comes with Protection

He will not allow the attacks or
trials of life to completely
consume us or destroy us. . .

The background of the image features a dark, moody sky with soft, wispy clouds. In the lower right portion, there is a large, dark silhouette of a rock formation. Two human figures are also in silhouette, climbing the rock. One figure is positioned higher up, reaching out with one arm, while the other figure is lower down, also reaching up towards the first figure. The overall tone is somber yet hopeful, suggesting a journey through adversity.

Our Help Comes with Protection

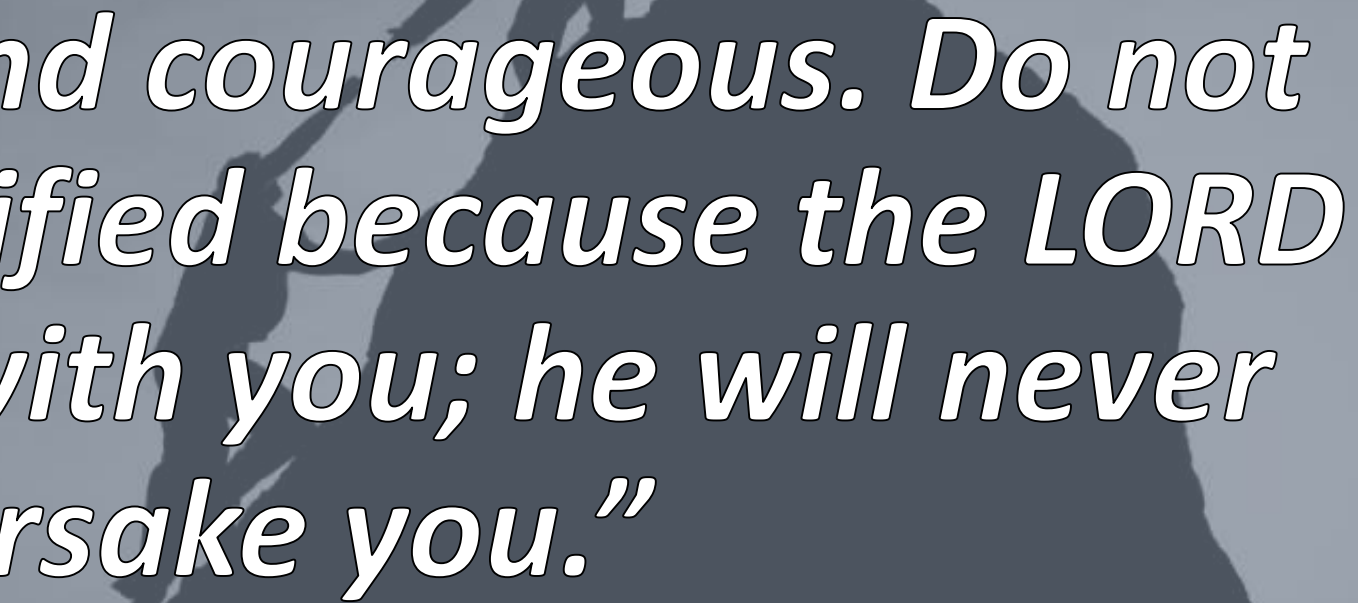
We will never fall beyond the reach
of God's strength and support. . .



Our Help Comes with Protection

Deut. 31:6

"Be strong and courageous. Do not be afraid or terrified because the LORD your God goes with you; he will never leave you nor forsake you."

A silhouette of a person climbing a large, dark rock formation against a lighter, hazy background. The person is positioned on the right side of the rock, reaching up with one arm. The rock formation is jagged and craggy, with the person's shadow cast onto its surface.

Our Help Comes with Protection


Questions:

What are you not trusting God for
right now in your life?



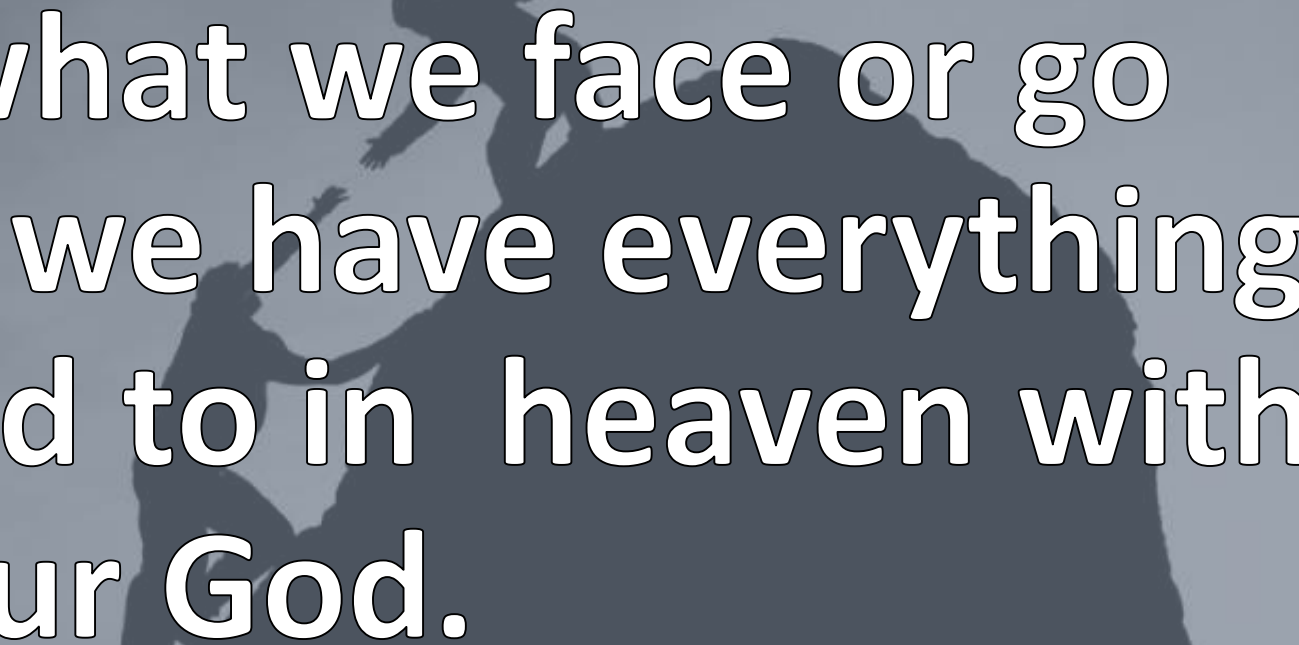
Our Help Points to Preservation

*⁷ "The Lord will keep you from all harm—he will watch over your life;
⁸ the Lord will watch over your coming and going both now and forevermore."*

A dark silhouette of a large, craggy rock formation dominates the right side of the image. Several human figures are visible climbing the rock face, their forms dark against the lighter sky. The figures are positioned at different heights, suggesting a group effort or a long climb. The background is a pale, hazy sky with some distant, low-lying hills visible on the horizon.

Our Help Points to Preservation

No matter what we face or go through here, we have everything to look forward to in heaven with our God.

The background of the slide features a dark, moody landscape with a large, dark mountain peak. On the peak, there are silhouettes of several people. One person is standing at the top, reaching out their arms towards the sky. Below them, another person is visible, and further down, a third person is seen. The overall tone is somber yet hopeful, with the silhouettes suggesting a journey or a moment of triumph.

Our Help Points to Preservation

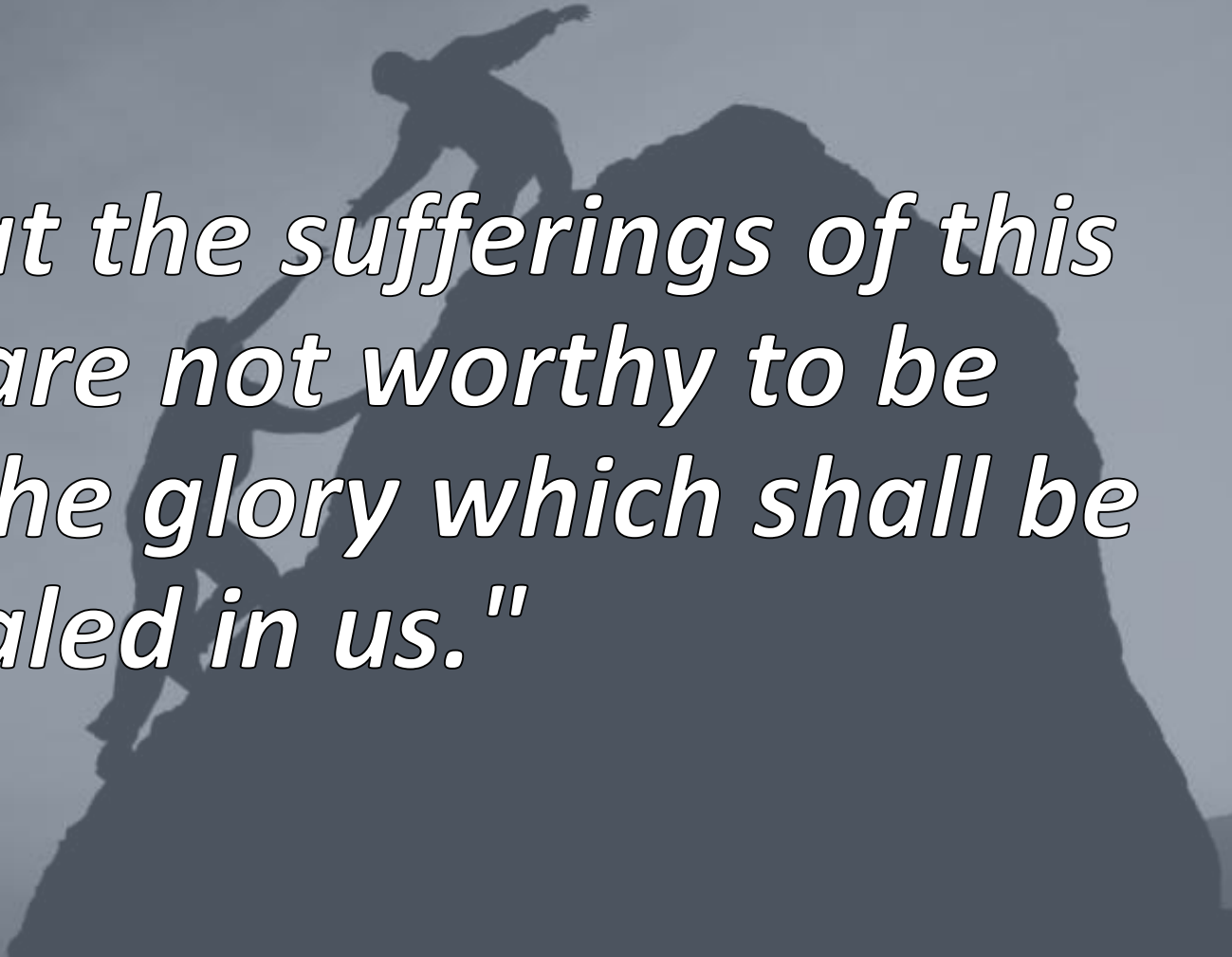
Job 19:25-27

*"I know that my redeemer lives, and
that in the end he will stand on the earth.
²⁶And after my skin has been destroyed, yet
in my flesh I will see God; ²⁷I myself will see
him with my own eyes-I, and not another.
How my heart yearns within me!"*

Our Help Points to Preservation

Rom. 8:18

"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us."

A silhouette of two people climbing a large, dark rock formation. One person is higher up, reaching out, while the other is lower down, also reaching up. The background is a light, cloudy sky.

Our Help Points to Preservation

Our help starts with:

Perspective

It comes with:

Protection

That points to:

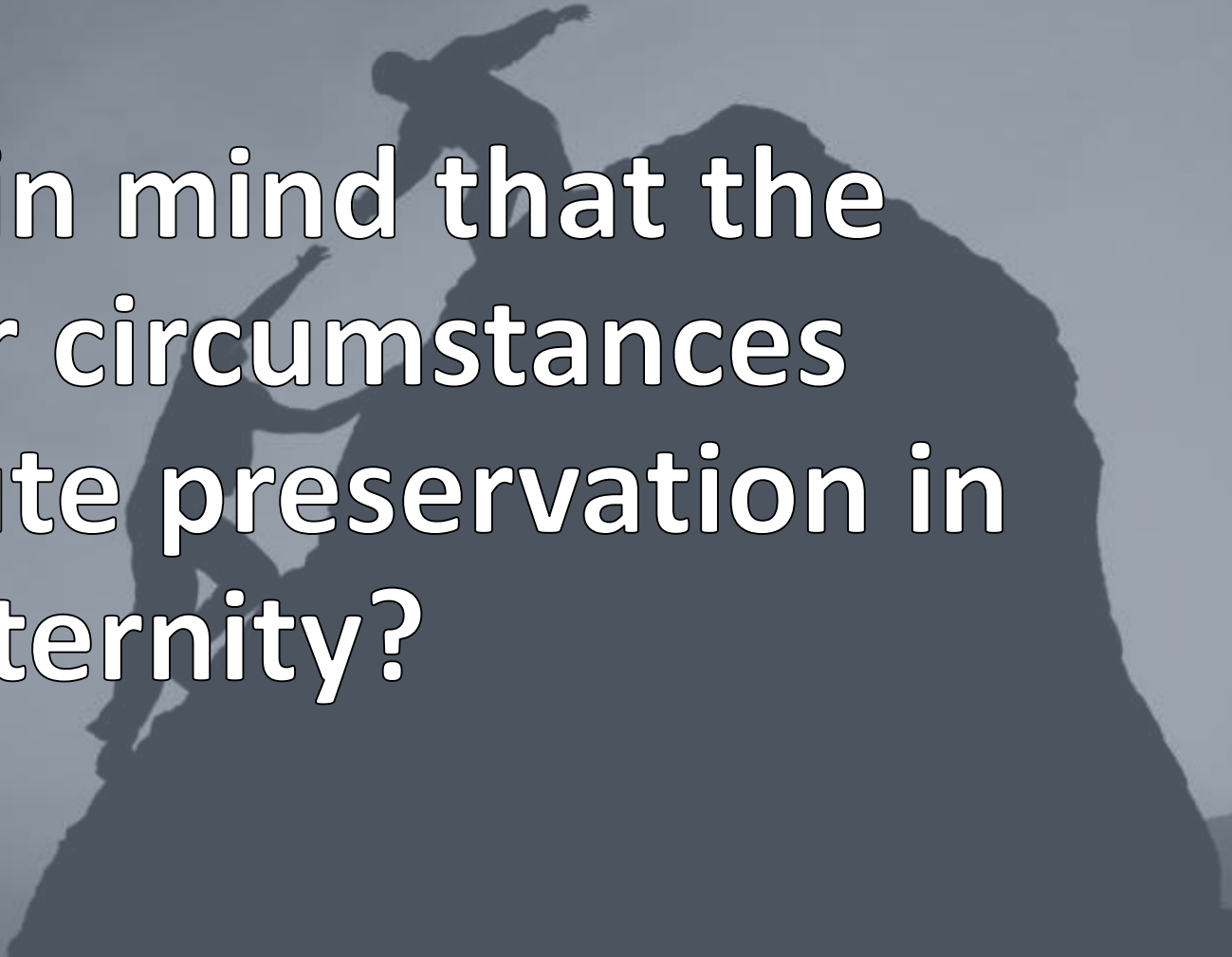
Preservation



Finding Our Help in God

Question:

Do you keep in mind that the endgame of your circumstances promises absolute preservation in your life for all eternity?

The background of the slide features a dark, moody landscape. In the foreground, there is a large, dark rock formation. Several silhouettes of people are visible, appearing to be climbing or standing on the rock. The sky in the background is a lighter, hazy blue-grey, providing a contrast to the dark foreground elements.

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Psalm 121

