

OUR HELP
(A Meditational Moment)

- I. Who and where is our help? The Holy Scriptures provide us the answers to these questions.
- A. Psalm 46:1-5 conveys *“The Lord is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah. There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early.”*
- B. Psalm 108:12-13 declares; *“Give us help from trouble, For the help of man is useless. Ps 108:13 Through God we will do valiantly, For it is He who shall tread down our enemies.*
- C. Psalm 121:1-2 says, *“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.”*
- D. Psalm 124:8 proclaims; *“ Our help is in the name of the Lord, the maker of heaven and earth.”*
- F. Matthew 11:28-30 says; *“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.*

II. How does the Lord help His children?

The Lord **H**ides His children.

The Lord **E**nvelopes His children.

The Lord **L**ifts His children.

The Lord **P**reserves His children.

- A. We know He hides His children because Psalms 27:5 declares; *“For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me.”*
- B. We know He envelopes His children because, Psalm 121:5-6 tells us, *“The Lord is your keeper; The Lord is your shade at your right hand. The sun shall not strike you by day, Nor the moon by night.”*
- C. We know He lifts His children because Psalm 27:5-6 states; *“He shall set me high upon a rock. And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord.”*
- D. We know He preserves His children because Psalm 121:7-8 conveys, *“The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in From this time forth, and even forevermore.”*

ALWAYS REMEMBER:
GOD IS MY HELP! JESUS IS MY HELP! THE HOLY SPIRIT IS MY HELP!
ALL OF MY HELP COMES FROM THE LORD!!!

This Meditational Moment is based upon the sermon entitled “Our Help” by Rev. Lenny M. Young
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