

H.E.L.P. Is On The Way

TEXT: Psalm 46:1-11 (ESV)

Psalm 139:7–10 (ESV) — 7 Where shall I go from your Spirit? Or where shall I flee from your presence? 8 If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! 9 If I take the wings of the morning and dwell in the uttermost parts of the sea, 10 even there your hand shall lead me, and your right hand shall hold me.

Psalm 34:17 (ESV) — 17 When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

Psalm 121:1, “I will lift UP my eyes to the hills from where does my help come? My help comes from the Lord...”

Psalm 124:8, “Our help is (WHERE?) in the name of the Lord who made heaven and earth”

Verse 1 says that God is, “a very present help in TROUBLE.”

Jesus Himself said, John 16:33 (NIV) — 33 “I have told you these things, so that in me you may have peace. In this world you will have **TROUBLE**. But take heart! I have overcome the world.”

Matthew 5:45 (ESV) — 45 so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

2 Corinthians 12:9 (KJV) - “And he said unto me, My grace is sufficient for thee: for **my strength is made perfect in weakness**. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.”

1 Peter 5:5 (NKJV) — 5 “God **resists the proud**, But **gives grace to the humble**.”

Verses 2-3 here in Psalm 46 says, “Therefore we will **not fear** though the **earth gives way**, though the **mountains be moved** into the heart of the sea, though its **waters roar and foam**, though the **mountains tremble** at its swelling.”

Jeremiah 32:27 (KJV) — 27 Behold, I am the Lord, the God of all flesh: **is there any thing too hard for me?**

Jeremiah 33:3 (NKJV) — 3 ‘**Call to Me, and I will answer** you, and **show you great and mighty things**, which you **do not know**.’

CALL UPON THE LORD AND ASK HIM FOR HIS HELP:

1. H - HEAL ME:

2. E - EMPOWER ME

In **John 14:26** Jesus refers to the Holy Spirit as the Helper, He says, **John 14:26 (ESV)** — “**26** But the **Helper**, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”

Ephesians 5:18 (ESV) — **18** And do not get drunk with wine, for that is debauchery, but **be filled** with the Spirit,

3. L - LEAD ME

Proverbs 3:5–6 (ESV) — **5** Trust in the Lord with all your heart, and do not lean on your own understanding. **6** In all your ways acknowledge him, and he will make straight your paths.

4. P - PROTECT ME

Psalms 46:4 (ESV) — **4** There is a **river** whose streams make glad the city of God, the holy habitation of the Most High.

Psalms 46:10 (ESV) — **10** “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”