

J.J.

**LORD, HELP.
Psalm 121**

ANNOUNCEMENT:

Super Saturday : BBQ

INTRODUCTION :

150 years of Canada

In 1867, the formal name of Canada is Dominion of Canada. Unlike any other nation, Canada wasn't born out of a revolution. It was born out of orderly negotiations which culminated in the terms of Confederation (Nova Scotia, New Brunswick, Quebec, Ontario) on July 1 1867. Originally, they wanted to call it "Kingdom of Canada" but the Brits didn't want to offend the Americans, so they wanted a different title.

New Brunswick's Sir Leonard Tilley suggested "Dominion of Canada." According to the popular story handed down through history, Tilley was inspired by the passage in the Bible from Psalm 72:8, referring to God's dominion:

Psalm 72:8 "He shall have dominion also from sea to sea, and from the river unto the ends of the earth."

THE FOUNDATION OF CANADA IS GOD'S WORD!

No wonder this land is so blessed!

Look at how they wrote the National Anthem of Canada

O Canada!

Our home and native land!

True patriot love in all thy sons command.

With glowing hearts we see thee rise,

The True North strong and free!

From far and wide,

O Canada, we stand on guard for thee.

GOD KEEP OUR LAND glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

Look at how they wrote The Canadian Charter of Rights and Freedoms : (The First Part of the Constitution)

Whereas Canada is founded upon principles that recognize THE SUPREMACY OF GOD and the rule of law:

The lesson here is when we put God first, whether it's a nation or a family or an individual, then the promise of God kicks in :

Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Today, I will teach you the shortest and one of the most effective prayer that I learned from Chuck Swindoll.

The prayer is, “Lord, help.”

One only cries for help, when they know they need help, when they are desperate.

Story : If you remember the story I told you where there was always a big blackout in the Philippines and my parking is at the 10th level in the basement of a building. There was no emergency light and I said, I can climb the stairs but it was pitch black and I was blind as a bat. But I said to myself, I always walk from my car to the stairs, this is going to be easy. So I closed the car door and I can't see anything but still walked a few steps but then I got afraid so I tried to go back to the car. But then I couldn't find my car anymore even if I tried to feel all the cars with my hand thinking if there was a hot engine, that would be my car (there was no keyless entry yet then). I wasn't able to find my car (remember it was pitch black, that I couldn't even see my hand when I put it in front of me.) So I got stuck in the corner and in desperation, I cried out, “Tulong” (Help). Hoping that someone would hear me.

The reason why I told this is because only those who are desperate would cry for help.

I saw this quote from Leonard Ravenhill

Quote : God doesn't answer prayer. He answers desperate prayer! – Leonard Ravenhill

Why? Desperate prayer shows full dependence on God.

Biblical Illustration : Jesus asked the disciples to go ahead of him after a long day ministering to people because He had to pray. It was already evening and the boat was already far from the land and there was a big storm and they were sailing desperately from around 6:00 pm to 3:00 a.m. But then they saw Jesus walking on the water. At first they were afraid and thought that it was a ghost (people believed then that a ghost was an omen that they were about to die) But Jesus said, “It's me. Don't be afraid.” So Peter asked our Lord if he can go to Him. So our Lord said, “Come” Peter got out of the boat and walked and walked toward Jesus. But then he took his eyes off the Lord and began to look around and that's the time he started sinking until...

Matthew 14: 30 But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” 31 Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?”

You see the lesson here? Just as long as we are looking at Jesus, we will be walking on water even if we are surrounded with problems and trials. But when we take our eyes off Jesus, we sink. But then, if we immediately call to Jesus, “Lord, help!” He immediately reaches out his hand to help us.

Now why is it good to ask help from the Lord?

*Psalm 121: 1 I lift up my eyes to the hills.
From where does my help come?
2 My help comes from the Lord,
who made heaven and earth.
3 He will not let your foot be moved;
he who keeps you will not slumber.
4 Behold, he who keeps Israel
will neither slumber nor sleep.
5 The Lord is your keeper;
the Lord is your shade on your right hand.
6 The sun shall not strike you by day,
nor the moon by night.
7 The Lord will keep you from all evil;
he will keep your life.
8 The Lord will keep
your going out and your coming in
from this time forth and forevermore.*

Pray

Quick Background :

It is believed that it was David who wrote this.

It was at a time that he was remembering that Saul was pursuing his life because of jealousy and he was forced to run to those hills to hide from him. He knows that when Saul finds him he would be killed. And he remembered those times while looking at the hills and he asked a rhetorical question.

*1 I lift up my eyes to the hills.
From where does my help come?*

And he knew from hindsight that the

2 My help comes from the Lord,

Etymology : Help “ezer” one who helps

David is remembering that during the time he needed help, God came to his side.

Application : When we cry help to the Lord, GOD COMES TO AIDE US, GOD COMES TO OUR SIDE, SPECIALLY IF IT'S A CRY FOR HELP

Psalm 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

James 4:8 Come close to God, and God will come close to you.

Why can we trust in God when we call on Him?

1st : who made heaven and earth.

It's because there is nothing impossible with Him. If He was the one who created heaven and earth and everything in it, then we can trust that He will be able to help us.

Illustration : We will only call on somebody whom we know can help us. If you need help in fixing your car, you wouldn't call me. You would call Kuya Met or Kuya Tony. If you need help in math problems, you wouldn't call me, you would call Vicky.

We would only call on somebody who can help us. **And David knows during those times when He needed help AND HE HAD NOTHING TO TURN TO**, God can help Him because He was the one who made heaven and earth.

Biblical example : If you need help on finances or provision, ask God for help.

Psalm 50:10 for every animal of the forest is mine, and the cattle on a thousand hills.

2nd : he who keeps you will not slumber.

*4 Behold, he who keeps Israel
will neither slumber nor sleep.*

This means when you call for help, you know that **He immediately will hear you and take appropriate action.** *will neither slumber nor sleep*

Assurance : Sometimes when you call for help, **the answer may not be immediate not because He is not helping you, it's just because you may not see that He is helping you.** Or you are expecting a certain kind of help but when He is doing is He is helping you that would be best for you.

But the fact remains that He hears you when you call for help and He will reach out immediately.

Psalm 46:1 God is our refuge and strength, always ready to help in times of trouble. (NLT)

Story : I remember years ago this couple who were having trouble financially. My heart was broken for them that inside the car I was crying to our Father to help them. What happened is that my wife's sister lent money to a Filipina classmate while she was in Canada. The classmate was already in the Philippines and she emailed my sister-in-law that she wants to return the money she borrowed. But my sister-in-law said, to please just give it to the couple who needed help financially. Now here's the kicker. That money was borrowed 2 years before this couple needed money. And it was only now that the classmate was returning it. This means, GOD ALREADY HAS A READY ANSWER FOR A PRAYER WHEN WE CRY OUT FOR HELP!

WHAT HAPPENS WHEN YOU CRY FOR HELP?

1. The Lord will not let you fall.

3 He will not let your foot be moved;

The original language means, he will set your feet.

Context : Remember, David and his men were traversing hills and for years were being pursued on those hills. If you see those hills, it's steep and dangerous. One false move, one slip and they can be badly hurt or even fall to their death.

When you are desperate and you cry for help, God will not let you fall.

Deuteronomy 33:27 The eternal God is your refuge, and underneath are the everlasting arms. He will drive out your enemies before you, saying, 'Destroy them!'

Remember the context is Saul is pursuing David in order to destroy him. But when you ask God for help, He will be the one to destroy those who wants to destroy you.

That's why the Bible says in Psalm 37, do not fret.

Etymology : fret "charah" angry, agitated, furious, burn with anger.

God is saying do not get agitated, furious or burn with anger when someone wants to destroy you. Look at what Psalm 37 says :

Psalm 37 : 1 Do not fret because of those who are evil or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away.

God is saying they will soon be gone.

8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

9 For those who are evil will be destroyed, but those who hope in the Lord will inherit the land.

2. The Lord will not let you be harmed.

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.

Now let me explain this verse first because we can understand how the sun can harm you by day specially if they are in the desert but how can the moon hurt you by night?

Remember, Psalms is poetry. So poetry has a lot of allegory and metaphors which means it has a lot of figurative speech which we shouldn't take literally.

e.g. *Psalm 91:4 He (God) will cover you with His feathers*

It doesn't mean that God has feathers. It just shows like a mother hen, that's how God protects His children.

Now to understand this, we must look at other parts of Scripture and of course, the context again of the Psalms.

Genesis 1:16 And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars.

Remember, David was being pursued by Saul, who was the king (ruler) of the Israelites, a very powerful man. The sun is the ruler of the day and the moon is the ruler of the night which means figuratively that the sun's rule in the day is higher than Saul's rule in the day and the moon's rule is higher than Saul's rule at night.

Interpretation : So it means, no person, no matter how powerful they are can harm you because God who is the ruler over-all, the maker of the sun and the moon (rulers of the day and night) is covering you.

That's why, you will see in the next verse :

*7 The Lord will keep you from all harm—
he will watch over your life;*

Yes, the danger/the problem/the trial is there but in the end it will not harm you if you call to God for help.

Isaiah 43:2 When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

Why?

3. The Lord will watch over you.

*8 the Lord will watch over your coming and going
both now and forevermore.*

Those who cry for help are assured that God will watch you ALL THE TIME.

Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.

Isn't that a source of comfort? Knowing that the great God of the universe who made heaven and earth who doesn't sleep or slumber watches over you.

Psalm 139 : 7 Where can I go from your Spirit?

*Where can I flee from your presence?
8 If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,
10 even there your hand will guide me,
your right hand will hold me fast.*

This is the reason why those who trust in the Lord and call for Him on help can sleep well at night knowing that God watches over you and will not allow anything to happen to you without the approval of His loving hand.

2 Chronicles 16:9 For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him

Our hearts can only be fully committed to Him when we are desperate for Him – which means we fully know He is the only one who can truly help us.

So the next time you are in trouble, undergoing any suffering or trial, you can sleep well when you ask God for help.

Hebrews 13:6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Look up to our Father in heaven and cry out : Help
HELP is there.

S.G.D.