

# Psalm

## PRAYERS OF THE HEART

### Week 7

#### **Isaiah 41:10**

So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.

Omniscient: all knowing

Omnipresent: present everywhere all the time

Omnipotent: all powerful

**:: Receiving help requires ACCEPTING help.**

#### **Psalm 121** [A song of ascents]

- <sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?
- <sup>2</sup> My help comes from the Lord,  
the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;
- <sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.
- <sup>5</sup> The Lord watches over you—  
the Lord is your shade at your right hand;
- <sup>6</sup> the sun will not harm you by day,  
nor the moon by night.
- <sup>7</sup> The Lord will keep you from all harm—  
he will watch over your life;
- <sup>8</sup> the Lord will watch over your coming and going  
both now and forevermore.

# El Roi

The God Who Sees Me  
Genesis 16:13

## Genesis 16:13

[Hagar] gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me."

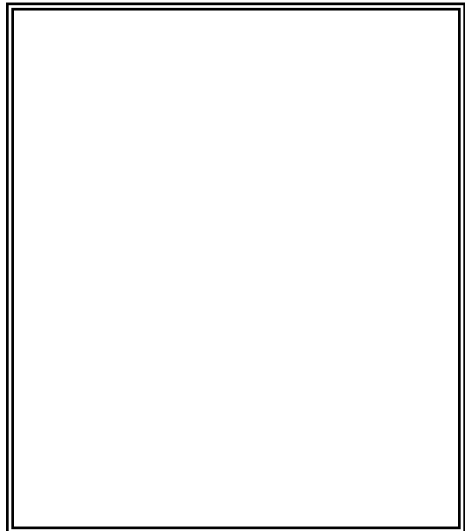
Where does your HELP come from?

## Psalm 3:3 [ESV]

But you, O Lord, are a shield about me, my glory, and the lifter of my head.

## Isaiah 25:4

You have been a refuge for the poor, a refuge for the needy in their distress, a shelter from the storm and a shade from the heat.



## SO WHAT?

:: RECOGNIZE God's rescuing hand and revere him.

:: Reverence for God is recognized in...

...BELIEVING.

...LOOKING.

...RECEIVING.

# NOTES:

MY HELP  
COMES FROM THE  
LORD  
THE MAKER OF  
& HEAVEN  
& EARTH

***“We are not asked to believe the Bible,  
but to believe the one whom the Bible reveals.” - Oswald Chambers***



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## Now What? [For Further Reflection]:

- :: Take a moment to pray and ask God to speak to you through His Word today.
  - :: Read Psalm 121.
    - :: What initially stands out to you in this psalm?
    - :: Discuss what it means that God can help us.
    - :: How have you seen God help you/others in this life?
    - :: What principles do you see in verses 3-6? Identify some ways these principles can be seen/realized in our daily lives.
    - :: Discuss the implications of verse 8. How does that make you feel?
  - :: Share/Think of a time you faced a fear or hardship in our life. What happened?
    - :: How did you see God work/move in that situation?
    - :: In light of what you read in Psalm 121 today, what would/could you do differently?
  - :: Pastor Shawn indicated that God does not always help, rescue or intervene how we expect or when we expect.
    - :: What do you find particularly difficult about that reality?
    - :: How do you feel in those moments?
    - :: What might God be wanting to teach/do in those moments?
  - :: Isaiah 41:10 contains strong words about God's commitment & encouragement to his people in whatever they face. In light of that, what's one thing He may want to do in your life this week as the "lifter of your head" and your source of help?
  - :: Identify the next step you need to take to receive that help in your life.
  - :: Share that with at least 1 person who can pray for you and support you in it.
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## How to become start a relationship with God:

- 1) Admitting that you, like everyone else, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

**Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness.  
I believe You died for my sins and rose from the dead. Today, I recognize  
you as Savior; and I choose to respond to you as my Risen LORD.  
Be the lifter of my head and help me to look to in all I do.  
In Your name, Amen.**

Unless otherwise noted, today's Scripture is from the  
New International Version [NIV].  
Shawn Cossin (@shawncossin) – August 11 & 12, 2018