

## SEQUOIA NOTES

### Today's Sequoia Message...

#### God as my Helper

With Gerrit Nieuwoudt  
September 3, 2023



Psalm 124 (NLT) – What if the Lord had not been on our side? Let all Israel repeat: 2 What if the Lord had not been on our side when people attacked us? 3 They would have swallowed us alive in their burning anger. 4 The waters would have engulfed us; a torrent would have overwhelmed us. 5 Yes, the raging waters of their fury would have overwhelmed our very lives. 6 Praise the Lord, who did not let their teeth tear us apart! 7 We escaped like a bird from a hunter's trap. The trap is broken, and we are free. 8 Our help is from the Lord, who made heaven and earth.

**Psalm 124 is a testimony of God's help in the form of a song.**

**God does not promise to spare us from trouble.**

John 16:33 "In this life you will have trouble. But take heart, I have overcome the world!"

*"Faith develops out of the most difficult aspects of our existence, not the easiest."  
-Eugene Peterson.*

**God is our personal helper.**

*"[Psalm 124:8] takes the majesty of the One who pulled a universe into order and beauty, and finds this same God involved in the local troubles of a quite ordinary person" –Eugene Peterson.*

**It is good to remember that God is WITH us and FOR us!**

Romans 8:31-32 If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things.

**Big Idea: Life is difficult but take heart, for the God who created the heavens and the earth is your helper!**



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**God as my Helper**  
**#10 of 11 - September 3, 2023**

- 1) Last week we looked at Psalm 130. How has the Lord been speaking to you this week? How were you able to apply this message?
- 2) Read Psalm 124. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer and who are the recipients? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 3) **Observation:** What "jumps out" in this passages? What interesting details do you observe? What questions come up about the passage? What is the major theme in the passage?
- 4) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in this passage for us as we journey with God?
- 5) **Application:** How is God speaking to you through this passage? Where have you been finding your help in life? How can you trust God as your helper in the difficulties of life?



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