

Summer in the Psalms

The Lord is My Helper

Psalm 33:20 (NLT) ²⁰We put our hope in the **LORD**. He is our help and our shield.

The Lord will HELP YOU in your daily life.

Psalm 118:5–9 (NLT) ⁵In my distress, I prayed to the **LORD**, and the **LORD** answered me and set me free. ⁶**The Lord is for me**, so I will have no fear. What can mere people do to me? ⁷Yes, **the Lord is for me; He will help me**. I will look in triumph at those who hate me.

I don't always get THE HELP I ASK FOR, but I always get THE HELP I NEED.

2 Corinthians 12:7–10 (NLT) ⁷So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud. ⁸**Three different times I begged the Lord to take it away.** ⁹**Each time he said, "My grace is all you need. My power works best in weakness."** So now I am glad to boast about my weaknesses, so that the power of Christ may work through me. ¹⁰That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

Psalm 46:1 (ESV) God is our refuge and strength, **a very present help** in trouble.

John 16:7 (ESV) Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, **the Helper** will not come to you. But if I go, **I will send Him to you.**

3 Ways to Invite God's Help into Your Life

1. Posture

1) A posture of HUMILITY

James 4:6 (ESV) But he gives more grace. Therefore, it says, “God opposes the proud but gives grace to the humble.”

2) A posture of HUNGER

Matthew 5:6 (NKJV) Blessed are those who hunger and thirst for righteousness, for they shall be filled.

3) A posture of HONOR

Proverbs 9:10 (NET) The beginning of wisdom is to fear the LORD, and acknowledging the Holy One is understanding.

Proverbs 3:9–10 (ESV) Honor the LORD with your wealth and with the firstfruits of all your produce; ¹⁰ then your barns will be filled with plenty, and your vats will be bursting with wine.

1 Samuel 7:12–13 (NLT) ¹² Samuel then took a large stone and placed it between the towns of Mizpah and Jeshanah. He named it Ebenezer (which means “the stone of help”), for he said, “**Up to this point the Lord has helped us!**” ¹³ So the Philistines were subdued and didn’t invade Israel again for some time. And throughout Samuel’s lifetime, the LORD’s powerful hand was raised against the Philistines.

2. Prayer

Psalm 22:4–5 (NASB) ⁴ In You our fathers trusted; they trusted and You delivered them. ⁵ **To You they cried out and were delivered;** in You they trusted and were not disappointed.

Hebrews 4:16 (NIV) Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Matthew 15:25–28 (NIV) ²⁵ The woman came and knelt before him. “**Lord, help me!**” she said. ²⁶ He replied, “It is not right to take the children’s bread and toss it to the dogs.” ²⁷ “Yes it is, Lord,” she said. “Even the dogs eat the crumbs that fall from their master’s table.” ²⁸ Then Jesus said to her, “Woman, you have great faith! Your request is granted.” And her daughter was healed at that moment.

Psalm 120:1 (NLT) I took my troubles to the LORD; I cried out to him, and he answered my prayer.

Psalm 34:17–19 (NLT) ¹⁷ The LORD hears his people when they call to him for help. He rescues them from all their troubles. ¹⁸ The LORD is close to the brokenhearted; He rescues those whose spirits are crushed. ¹⁹ The righteous person faces many troubles, **but the Lord comes to the rescue each time.**

3. Praise

Acts 16:25 (KJV) And at midnight Paul and Silas prayed and sang praises unto God: and the prisoners heard them.

Psalm 8:2 (NET) From the mouths of children and nursing babies, You have ordained praise on account of your adversaries, so that you might put an end to the vindictive enemy.