

## Summer in the Psalms

### The Lord is My Helper

**Psalm 33:20 (NLT)** <sup>20</sup> We 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)** <sup>5</sup> In my distress, I prayed to the LORD, and the LORD answered me and set me free. <sup>6</sup> **The LORD is for me**, so I will have no fear. What can mere people do to me? <sup>7</sup> Yes, **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)** <sup>7</sup> So 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. <sup>8</sup> **Three different times I begged the Lord to take it away.** <sup>9</sup> **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. <sup>10</sup> That'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; <sup>10</sup> then your barns will be filled with plenty, and your vats will be bursting with wine.

**1 Samuel 7:12–13 (NLT)** <sup>12</sup> 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!”** <sup>13</sup> 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

**Psalms 22:4–5 (NASB)** <sup>4</sup> In You our fathers trusted; they trusted and You delivered them. <sup>5</sup> **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)** <sup>25</sup> The woman came and knelt before him. **“Lord, help me!”** she said. <sup>26</sup> He replied, “It is not right to take the children’s bread and toss it to the dogs.” <sup>27</sup> “Yes it is, Lord,” she said. “Even the dogs eat the crumbs that fall from their master’s table.” <sup>28</sup> Then Jesus said to her, “Woman, you have great faith! Your request is granted.” And her daughter was healed at that moment.

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

**Psalms 34:17–19 (NLT)** <sup>17</sup> The LORD hears his people when they call to him for help. He rescues them from all their troubles. <sup>18</sup> The LORD is close to the brokenhearted; He rescues those whose spirits are crushed. <sup>19</sup> 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.

**Psalms 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.