

# A Very Present Help in Times of Trouble

*PHILADELPHIA CHURCH*

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The background features a dark teal color with a pattern of fine, parallel lines that create a sense of depth and movement, resembling a stylized landscape or a textured surface. The lines are arranged in a way that suggests a three-dimensional effect, with some areas appearing to recede into the distance while others come forward.

**How many of us have  
ever felt overwhelmed?**

The background features a dark teal color with several wavy, overlapping bands of a lighter teal shade. In the lower-left quadrant, there is a grid of fine, light-colored lines that create a textured effect. The overall composition is modern and abstract.

# Beyond Our Control

***12 O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”***

***2 Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into  
the midst of the sea;***

***3 Though its waters roar and be troubled,  
Though the mountains shake with its  
swelling. Selah***

*God is our refuge and strength,  
A very present help in trouble.  
2 Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried  
into the midst of the sea;*



***REFUGE*** – protect us from  
danger



***STRENGTH*** – to help us  
when we are weak

Proverbs 18:10

***10 The name of the Lord is a  
strong tower;  
The righteous run to it and are safe.***

Psalm 46:1

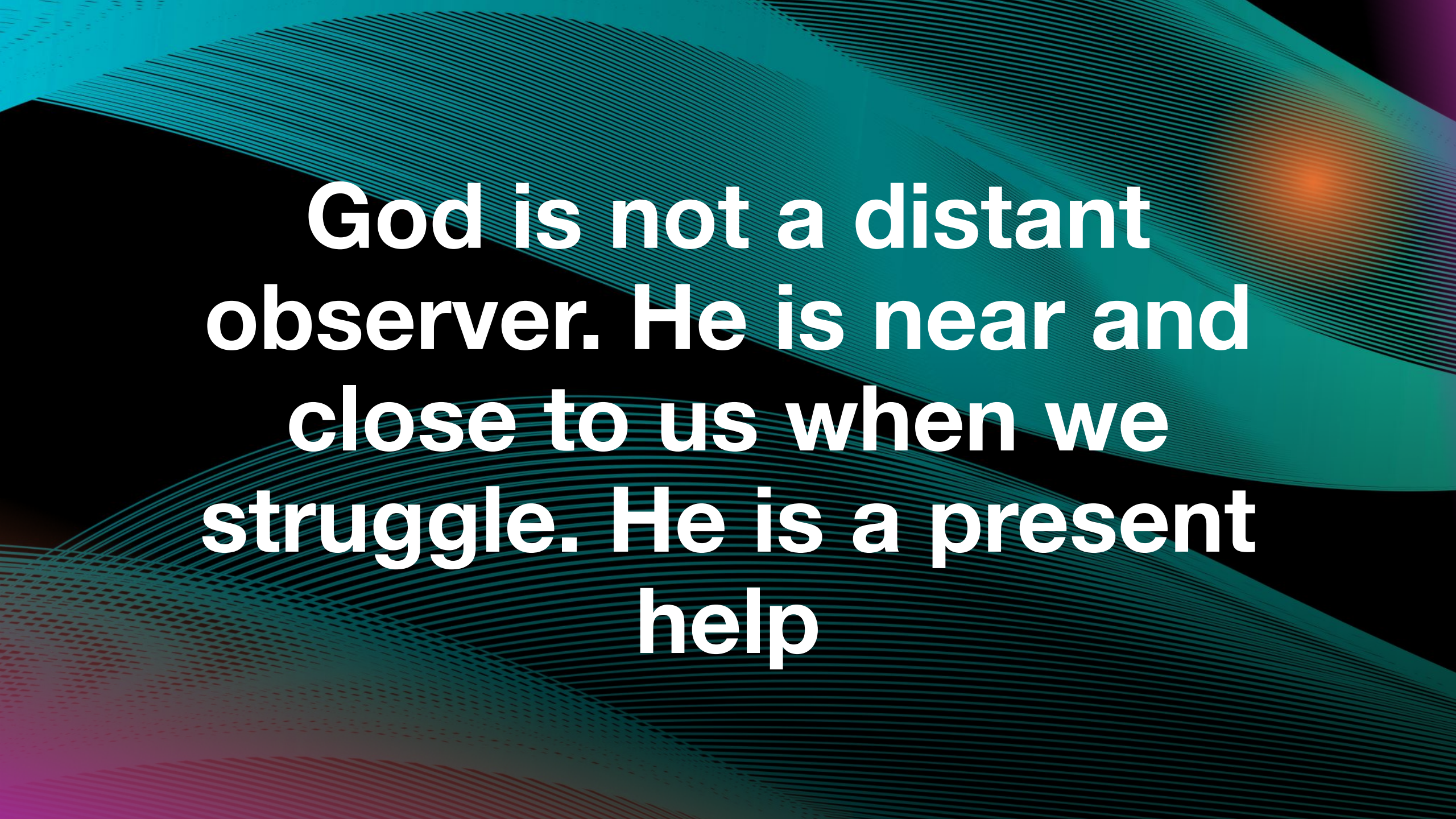
***God is our refuge and strength,  
A very present help in trouble.***

## 2 Corinthians 4:16-18

***16 Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.***

***“Let not your heart be troubled; you believe in God, believe also in Me. <sup>2</sup> In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. <sup>3</sup> And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.*”**

***11 “Behold, the days are coming,” says  
the Lord God,  
“That I will send a famine on the land,  
Not a famine of bread,  
Nor a thirst for water,  
But of hearing the words of the Lord.***

The background features a series of overlapping, wavy lines in shades of teal and purple, creating a sense of depth and movement. A bright orange and yellow lens flare is visible in the upper right quadrant, adding a dynamic and vibrant touch to the overall aesthetic.

**God is not a distant  
observer. He is near and  
close to us when we  
struggle. He is a present  
help**

**God provides a firm foundation, a  
safe place of hiding when  
everything is shaking around us.  
He is our refuge and strength**

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Psalm 46:10

***10 Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth!***

# ***OVERWHELMED***

**1.find security in the Lord**

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- 1.find security in the Lord**
- 2.look to the Lord for strength**
- 3.focus on eternity**
- 4.change your focus to Jesus  
instead of your problems**

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**At times we may feel weak,  
but in those times God's  
strength is revealed.**

***8 The Lord gives his people strength.  
He is a safe fortress for his anointed  
king.***

***2 The Lord is my rock, my fortress, and my savior;***

***my God is my rock, in whom I find protection.***

***He is my shield, the power that saves me,***

***and my place of safety.***