

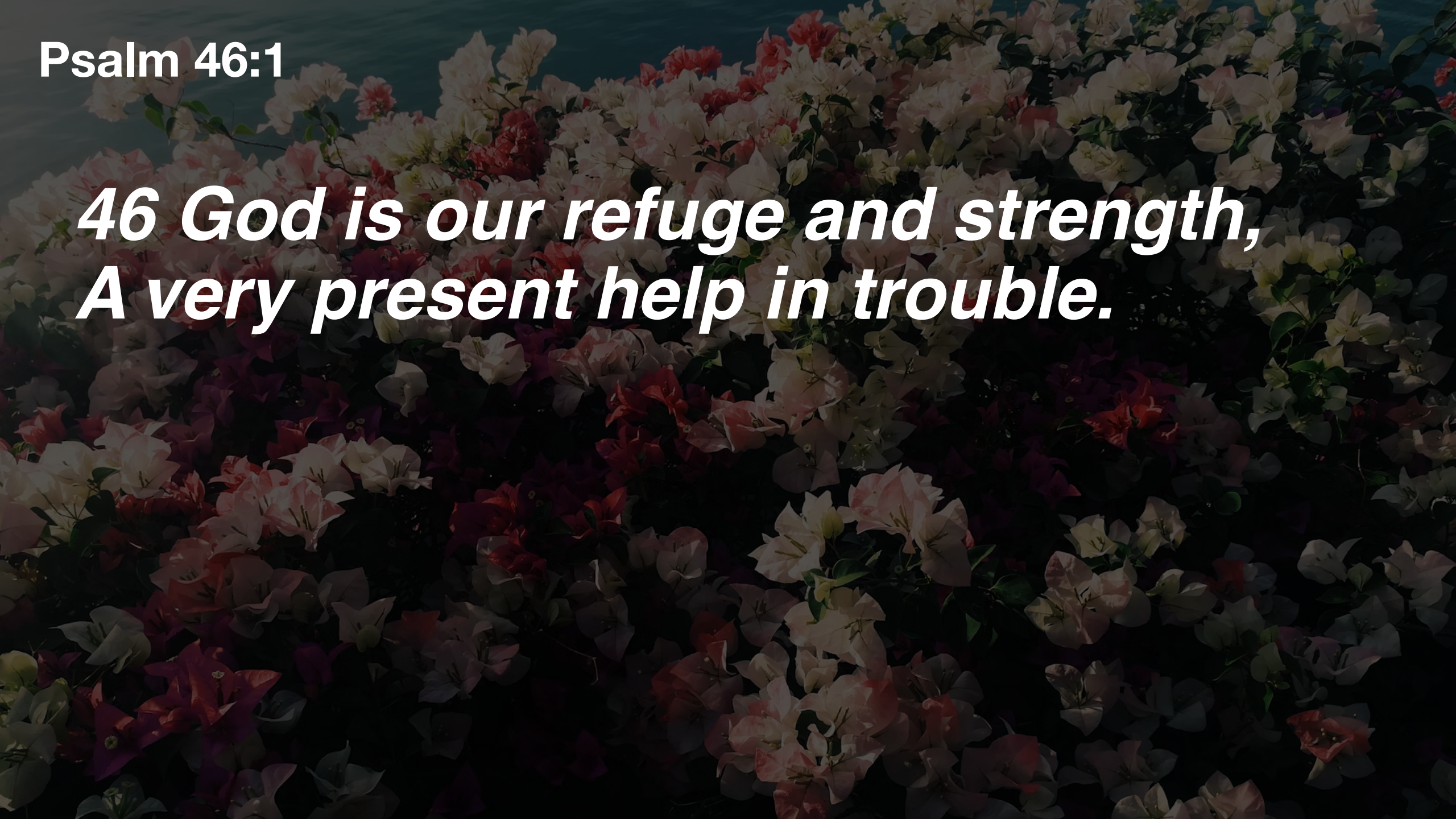


WHERE DOES MY HELP COME FROM?

PHILADELPHIA CHURCH

JULY 19, 2026

PASTOR DEREK FORSETH



Psalm 46:1

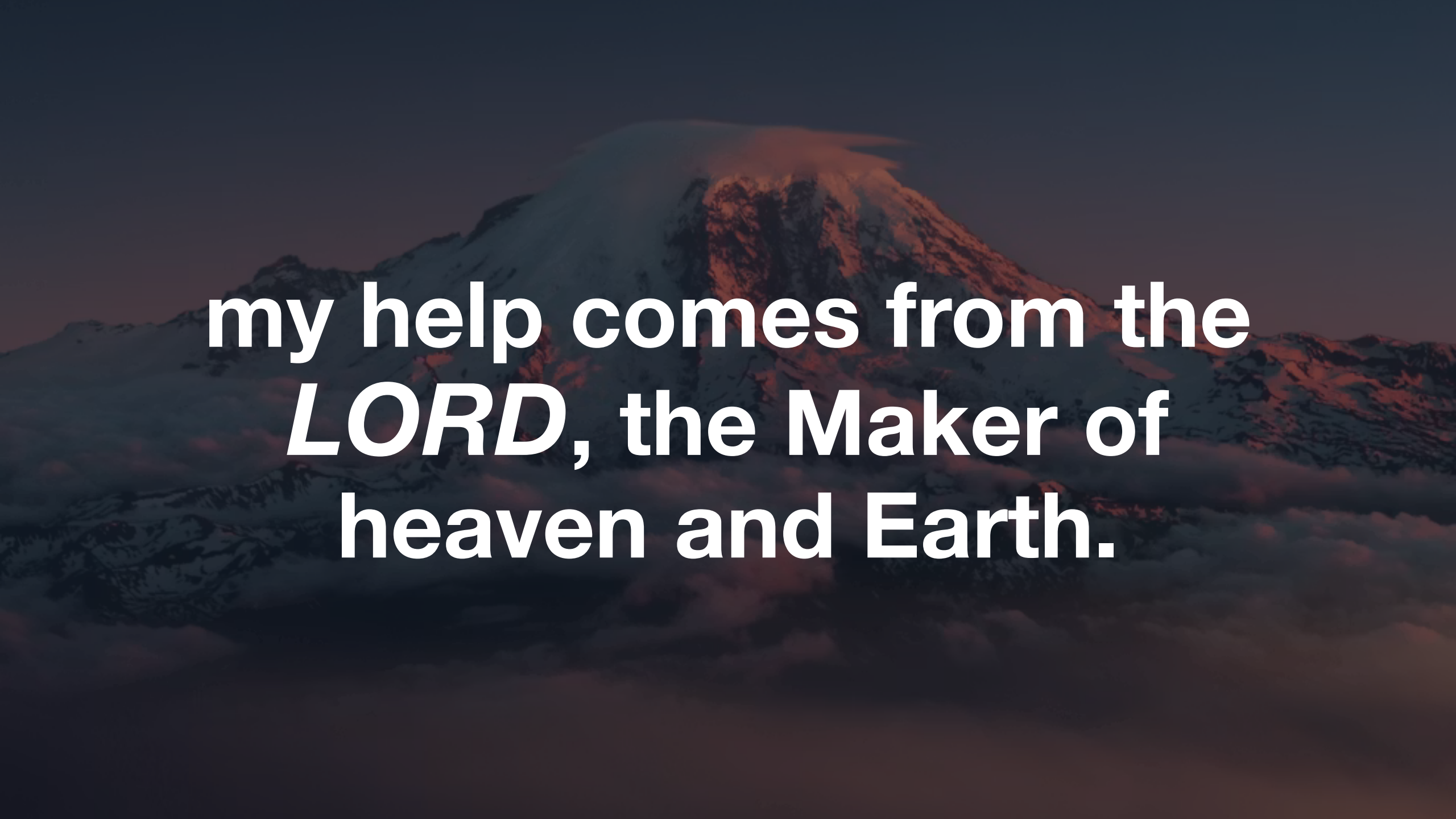
***46 God is our refuge and strength,
A very present help in trouble.***

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!***

Psalm 121:1-2

***I lift up my eyes to the hills.
From where does my help come?
2 My help comes from the Lord,
who made heaven and earth.***



my help comes from the
LORD, the Maker of
heaven and Earth.

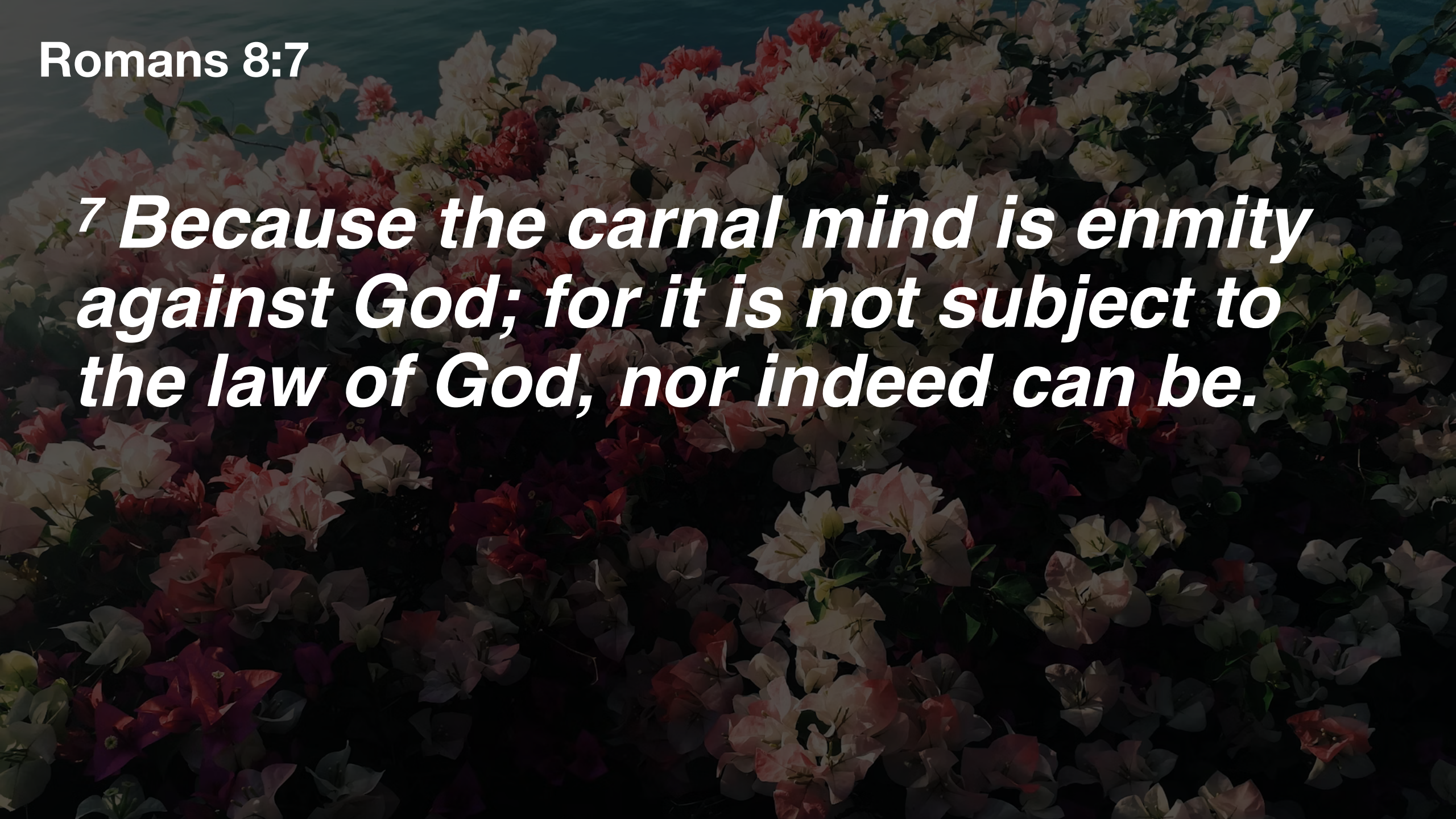
Romans 8:31-32

31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Psalm 121:3-4

***3 He will not allow your foot to be
moved;
He who keeps you will not slumber.
4 Behold, He who keeps Israel
Shall neither slumber nor sleep.***





Romans 8:7

7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

a changed life:

**- has a hatred for sin we
once enjoyed.**

a changed life:

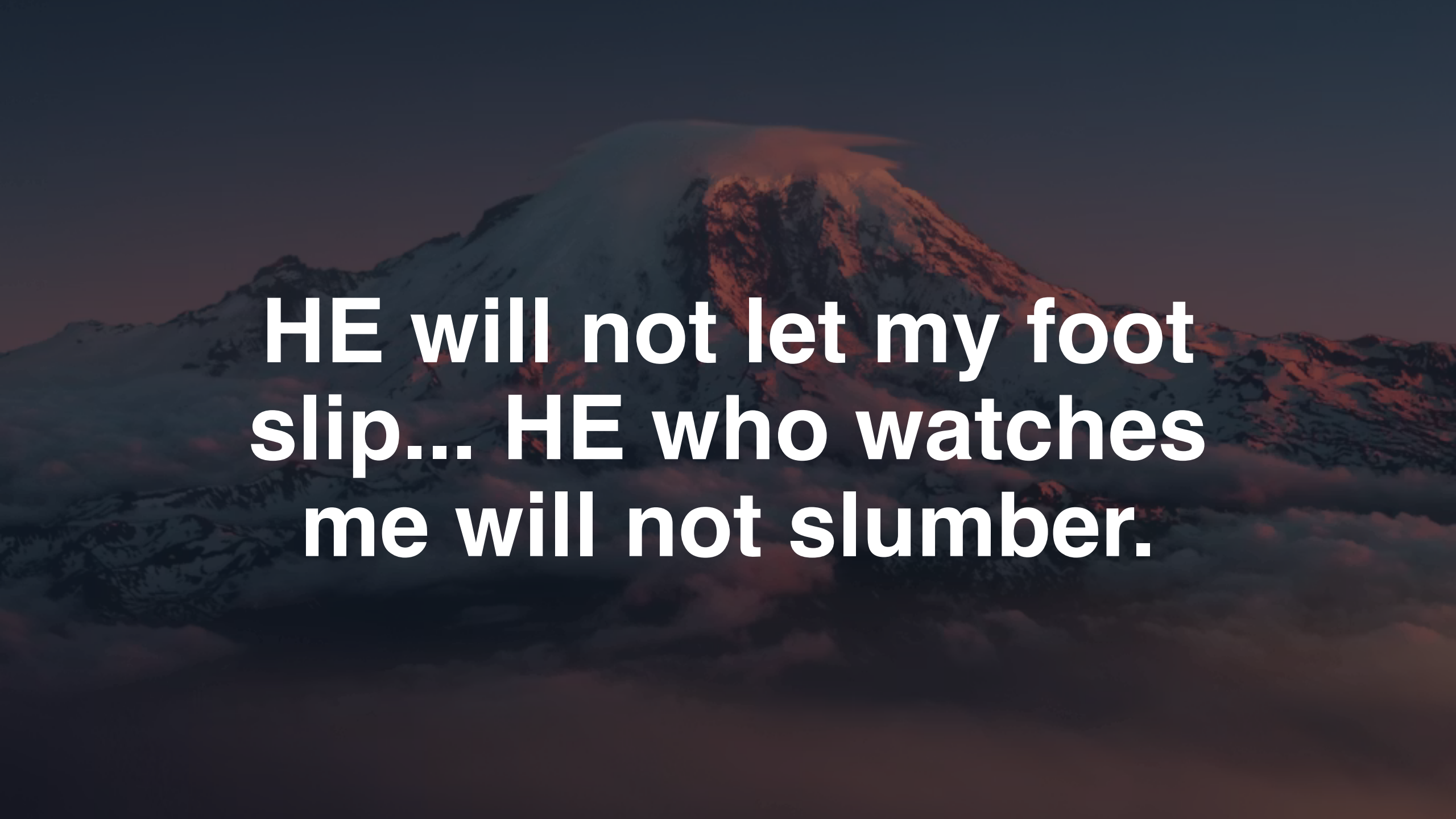
- has a hatred for sin we once enjoyed.**
- has a growing hunger to study the Bible.**

a changed life:

- has a hatred for sin we once enjoyed.**
- has a growing hunger to study the Bible.**
- has a genuine love for other believers.**

Hebrews 13:5

5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”



**HE will not let my foot
slip... HE who watches
me will not slumber.**

Psalm 121:5-6

***5 The Lord is your keeper;
The Lord is your shade at your right
hand.***

***6 The sun shall not strike you by day,
Nor the moon by night.***

Psalm 91:4

***4 He shall cover you with His
feathers,
And under His wings you shall take
refuge;
His truth shall be your shield
and buckler.***

Psalm 121:7-8

7 The Lord shall preserve you from all evil;

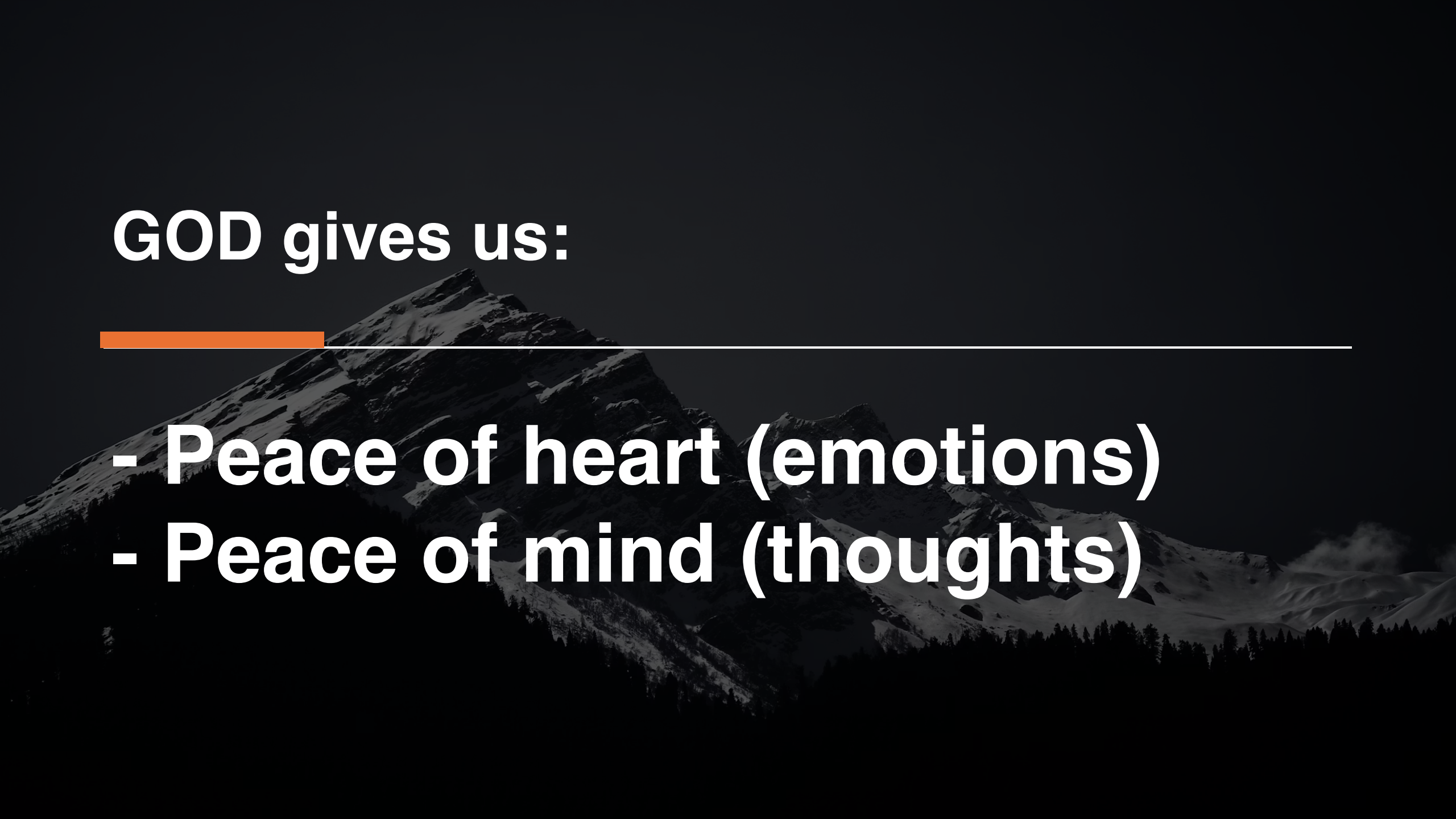
He shall preserve your soul.

8 The Lord shall preserve your going out and your coming in

From this time forth, and even forevermore.

Philippians 4:6-7

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.



GOD gives us:

- Peace of heart (emotions)**
- Peace of mind (thoughts)**

Psalm 121:7-8

7 The Lord shall preserve you from all evil;

He shall preserve your soul.

8 The Lord shall preserve your going out and your coming in

From this time forth, and even forevermore.

Job 5:7

***7 Yet man is born to trouble,
As the sparks fly upward.***

John 16:33

33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

The cure for worry:

“Thank God for anything and pray about everything. Keep your heart and mind in Christ Jesus our Lord. True real peace is tethered to Him, regardless of what's happening around us.”

- JDF

when we look to Him:

- *He gives us peace*

when we look to Him:

- *He gives us peace*
- *He clears up our chaos*

when we look to Him:

- *He gives us peace*
- *He clears up our chaos*
- *He eases our fears*

when we look to Him:

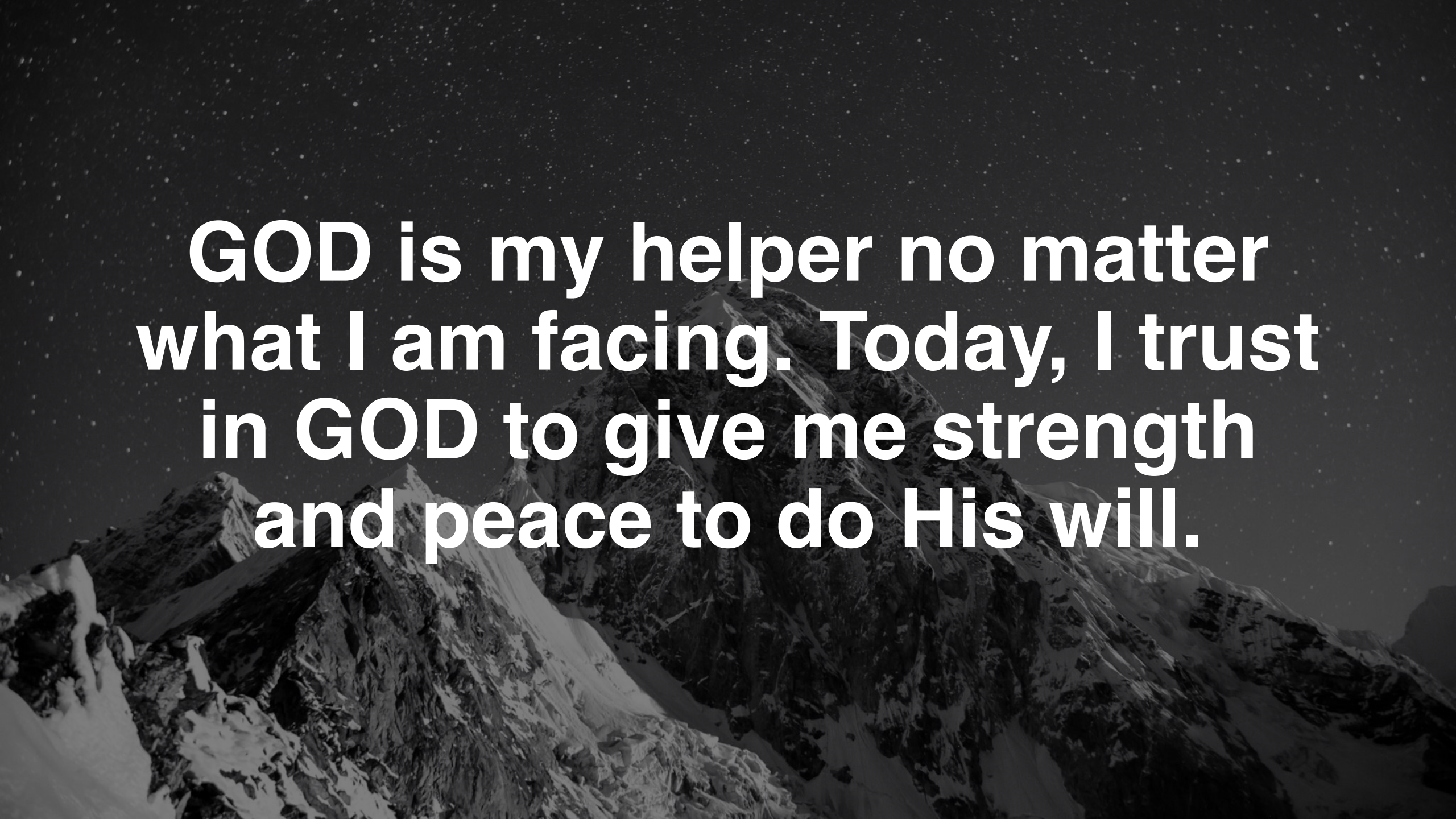
- *He gives us peace*
- *He clears up our chaos*
- *He eases our fears*
- *He increases our faith*

when we look to Him:

- *He gives us peace*
- *He clears up our chaos*
- *He eases our fears*
- *He increases our faith*
- *He makes our Joy complete*

Colossians 3:1-2

3 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. ² Set your mind on things above, not on things on the earth.

A black and white photograph of a rugged, snow-capped mountain peak. The mountain's ridges and valleys are covered in snow, with dark rock faces visible in some areas. The sky above is dark and filled with numerous small, bright stars, suggesting a clear night. The overall mood is serene and majestic.

**GOD is my helper no matter
what I am facing. Today, I trust
in GOD to give me strength
and peace to do His will.**