

SERMON NOTE: A Very Present Help

By: Dcn Dr Tong

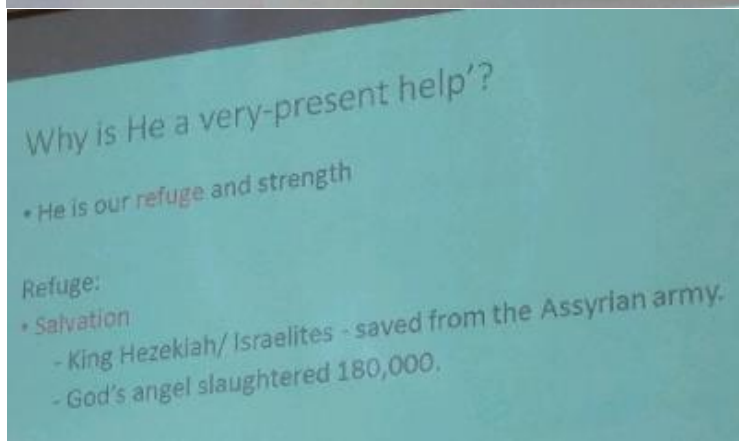
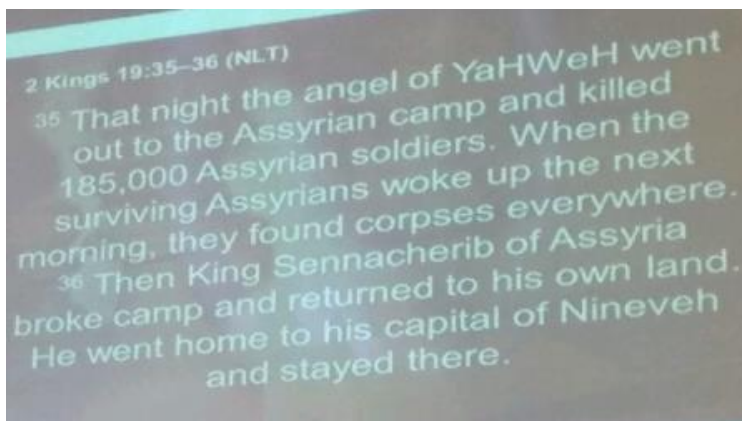
Bible Ref: Psalm 46:1-11 NIV

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.

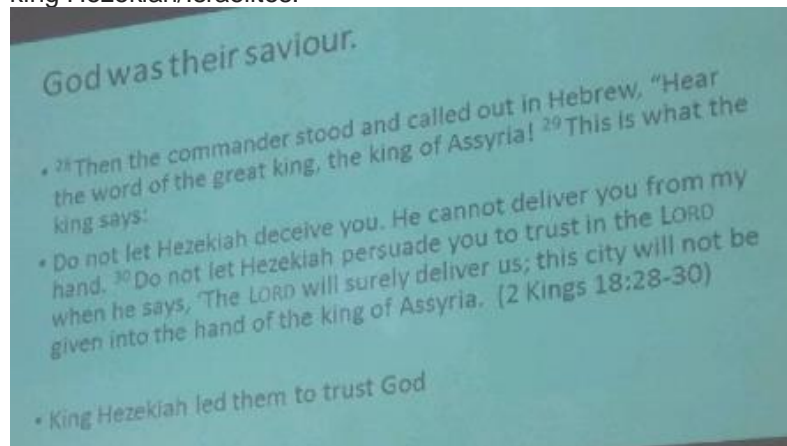


<https://bible.com/bible/111/psa.46.1-11.NIV>

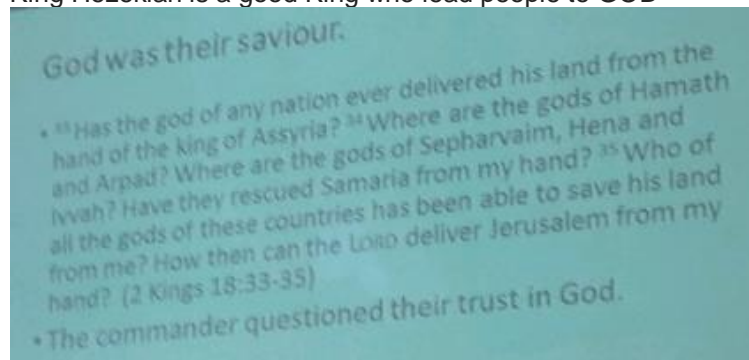
GOD is our refuge and strength



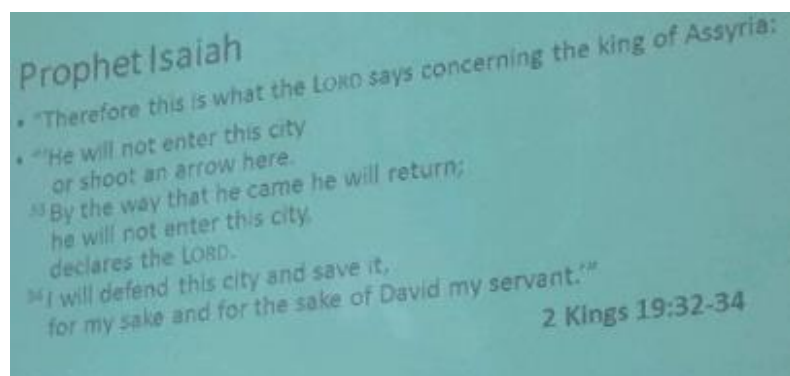
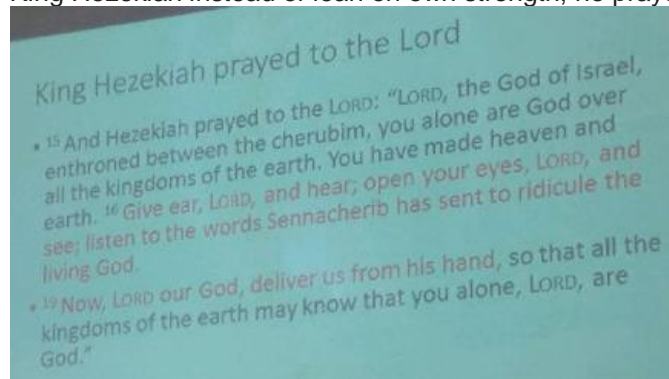
Refuge:
Salvation
king Hezekiah/Israelites.



King Hezekiah is a good King who lead people to GOD



Field Commander of
King Hezekiah instead of lean on own strength, he prayed



Safe shelter

- ⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall; God will help her at break of day.
- His presence is a shelter to all who seek help.
 - a safe shelter

Proverbs 30:24-28

- ²⁴ Four things on earth are small, yet they are extremely wise:
- ²⁵ Ants are creatures of little strength, yet they store up their food in the summer;
- ²⁶ hyraxes are creatures of little power, yet they make their home in the crags;
- ²⁷ locusts have no king, yet they advance together in ranks;
- ²⁸ a lizard can be caught with the hand, yet it is found in kings' palaces.

Hyraxes are wise.....

- crags – steep, rugged cliff or rock face
 - very few predators can reach them
 - good hiding place from danger
- Are we wise like the Hyraxes in choosing our refuge?



Are we as wise as the Hyraxes?
Can we trust GOD like the Hyraxes trusted their rock cracks?
Look to GOD for salvation and for refuge.

God is our strength.

The Lord Almighty
is with us;
the God of Jacob
is our fortress.

Psalm 46:1



Safe shelter from troubles:

- Isolation and human misunderstanding
 - loneliness, lack of appreciation, disappointment
- Future uncertainties – job opportunity changes
 - family – divorce, parent-child issues
 - sickness, ageing /retirement
- Sorrow /loss – death
- Danger – robbery, assault

A place to get help

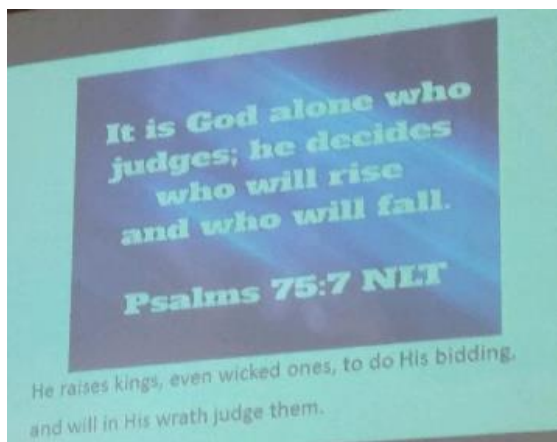
He is our strength.

- He is the Almighty God (v7,11)
- "LORD, the God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth." - King Hezekiah
- a resource of unlimited strength available for us

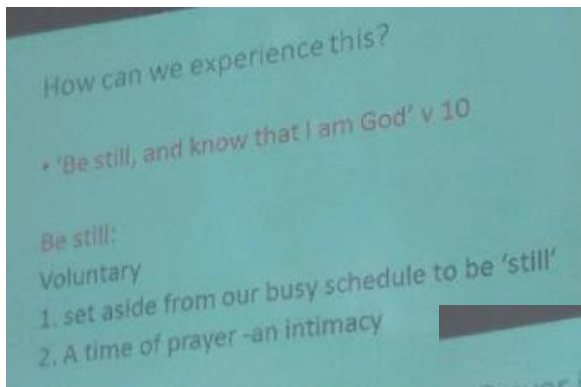
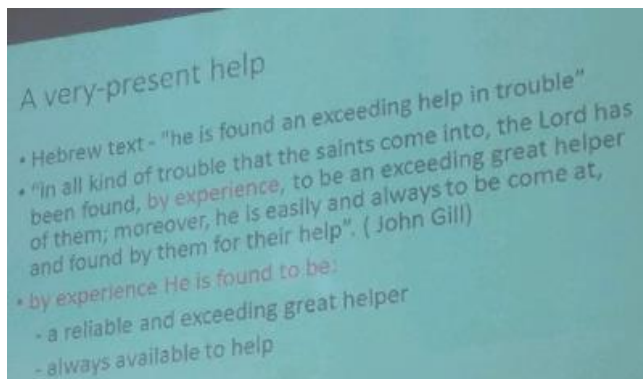
He is our strength

He is Lord over:

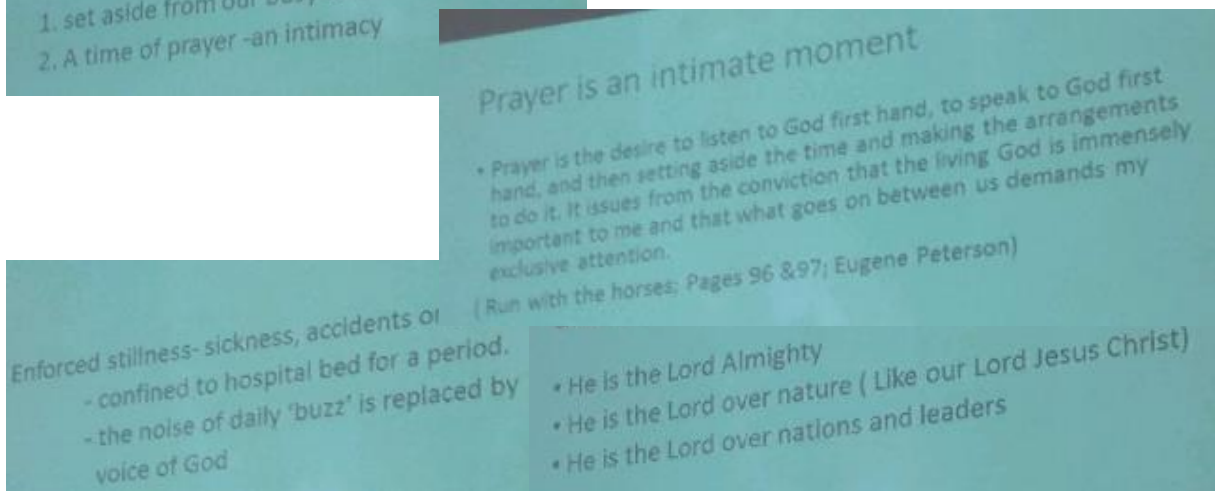
- Nature and natural events
- "Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging. (vv2-3)



GOD is above all, the nations and the kings.



We need to make time.



We have direct access to God

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

~Hebrews 10:19-22

A very-present help – in our time of need

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.

HEBREWS 4:16

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He is our strength

"When You're Weak"

10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (2 Cor. 12:10)

He is

- God is our refuge and strength, an ever-present help in trouble.
- Be still, and know that I am God
- We can find help in our time of need

• Sweet hour of prayer! sweet hour of prayer!
Thy wings shall my petition bear
To Him whose truth and faithfulness
Engage the waiting soul to bless.
And since He bids me seek His face,
Believe His Word and trust His grace,
I'll cast on Him my every care,
And wait for thee, sweet hour of prayer!