

Getting Help

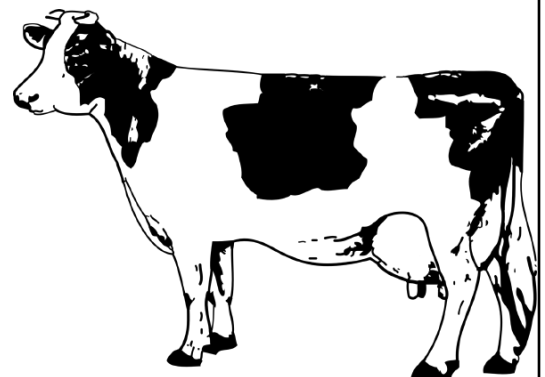
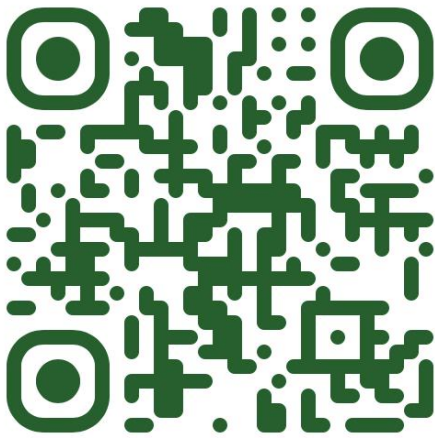
- Why might people who need help not ask for help?
- What prevents people from praying?
- What keeps us from praying?

1

Telling our Story of God

Psalm 107

bib.ly/Ps107.NIV



2

Psalm 107

**1-3: If you've experienced God's love,
tell your story**

4-32: 4 stories of God's love & wonderful deeds

33-42: God turns the world upside down

43: Live according to this reality!

3

Psalm 107:1-3

¹ Give thanks to the Lord, for he is good;
his love endures forever.

² Let the redeemed of the Lord tell their story—
those he redeemed from the hand of the foe,
³ those he gathered from the lands,
from east and west, from north and south.

Key message: Tell how God has rescued you

4

Story 1: Desert wanderings

⁴ Some wandered in desert wastelands,
finding no way to a city where they could settle.

⁵ They were hungry and thirsty,
and their lives ebbed away.

⁶ Then they cried out to the Lord in their trouble,
and he delivered them from their distress.

⁷ He led them by a straight way
to a city where they could settle.

⁸ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds **for mankind,**

⁹ for he satisfies the thirsty
and fills the hungry with good things.

“Give grateful praise to the LORD”

5

Story 2: In prison

¹⁰ Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,

¹¹ **because they rebelled against God’s commands
and despised the plans of the Most High.**

¹² So he subjected them to bitter labor;
they stumbled, and there was no one to help.

¹³ Then they cried to the Lord in their trouble,
and he saved them from their distress.

¹⁴ He brought them out of darkness, the utter darkness,
and broke away their chains.

¹⁵ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,

¹⁶ for he breaks down gates of bronze
and cuts through bars of iron.

6

Story 3: Near death

¹⁷ Some became fools **through their rebellious ways**
and suffered affliction **because of their iniquities.**

¹⁸ They loathed all food
and drew near the gates of death.

¹⁹ Then they cried to the Lord in their trouble,
and he saved them from their distress.

²⁰ He sent out his word and healed them;
he rescued them from the grave.

²¹ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.

²² Let them sacrifice thank offerings
and tell of his works with songs of joy.

7

Story 4: In the stormy sea

²³ Some went out on the sea in ships;
they were merchants on the mighty waters.

²⁴ They saw the works of the Lord,
his wonderful deeds in the deep.

²⁵ **For he spoke and stirred up a tempest**
that lifted high the waves. **Trouble is an invitation**

²⁶ They mounted up to the heavens **to cry out to God**
and went down to the depths;
in their peril their courage melted away.

²⁷ They reeled and staggered like drunkards;
they were at their wits' end. **Beyond human skill**

8

Story 4: In the stormy sea

²⁸ Then they cried out to the Lord in their trouble,
and he brought them out of their distress.

²⁹ He stilled the storm to a whisper;
the waves of the sea were hushed.

³⁰ They were glad when it grew calm,
and he guided them to their desired haven.

³¹ Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.


³² Let them exalt him in the assembly of the people
and praise him in the council of the elders.

Calls for public praise


9

God turns the world upside down

³³ He turned rivers into a desert,
flowing springs into thirsty ground,
³⁴ and fruitful land into a salt waste,
because of the wickedness of those who lived there.




³⁵ He turned the desert into pools of water
and the parched ground into flowing springs;
³⁶ there he brought the hungry to live,
and they founded a city where they could settle.
³⁷ They sowed fields and planted vineyards
that yielded a fruitful harvest;
³⁸ he blessed them, and their numbers greatly increased,
and he did not let their herds diminish.




10

God turns the world upside down

³⁹ Then their numbers decreased,
and they were humbled
by oppression, calamity and sorrow;
⁴⁰ he who pours contempt on nobles
made them wander in a trackless waste.



⁴¹ But he lifted the needy out of their affliction
and increased their families like flocks.
⁴² The upright see and rejoice,
but all the wicked shut their mouths.



God uses trouble to prompt us to pray
God can make a way where there is no way

11

See and be wise

⁴³ Let the one who is wise heed these things
and ponder the loving deeds of the Lord.

Be wise = Live according to these realities...

- **God's great love and wonderful deeds**
- **Which come when people cry out to Him**
- **When they hear about God's great love & deeds**

12

The Big Idea

**God wonderfully helps
those who cry out to Him for help**

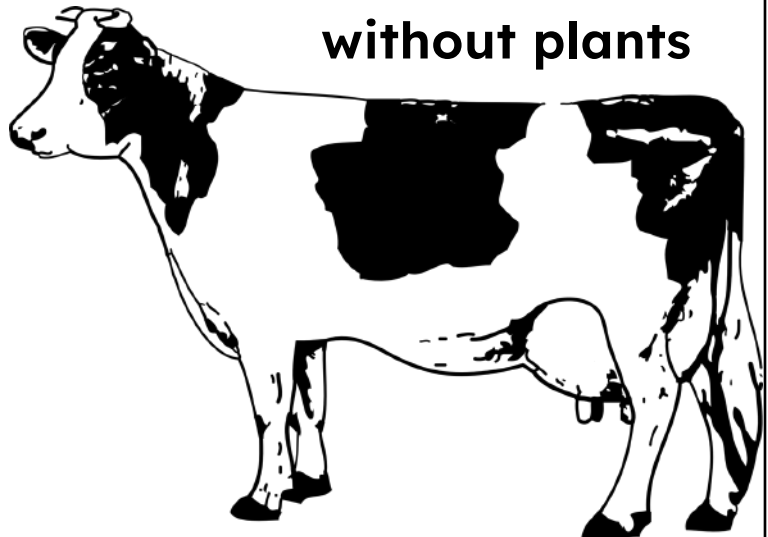
**The most important thing to remember
about the Gospel is:
God took action to rescue us
as we cried out to Him**

13

Plants make their own food



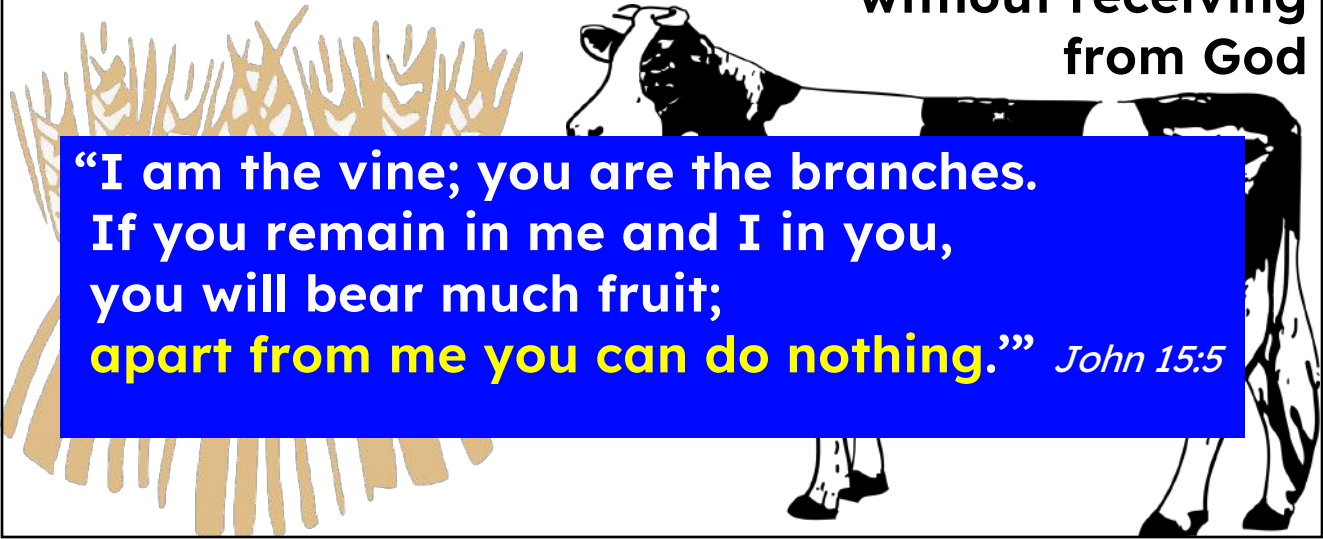
**Animals can't live
without plants**



14

**Jesus: “I am the bread of life.
Whoever comes to me will never
go hungry.” *John 6:35***

**We can’t live
without receiving
from God**



**“I am the vine; you are the branches.
If you remain in me and I in you,
you will bear much fruit;
apart from me you can do nothing.” *John 15:5***

15

The Big Idea

**God wonderfully helps
those who cry out to Him for help**

There is no other way

16

Application

- **Pray** and Tell
 - We can't live without receiving from God
 - We receive when we ask
- When we need help, cry out to God
 - God's redeeming, unchanging love can deal with every circumstance and every condition
 - God steps in when we pray
- "Call on me in the day of trouble;
I will deliver you,
and you will honor me." *Psalms 50:15*

17

Application

- **Pray** and Tell
 - Then they cried out to the Lord in their trouble,
and he delivered them from their distress.
 - > What keeps you from praying?
 - > Ask someone to pray with you and for you
 - > Let's pray now

18

Application

- Pray and **Tell**
 - Give grateful praise to God

19

Anyone whom the Lord has rescued
is responsible to be
a witness to God's power and love

So everyone can rejoice in God's acts of
deliverance

And so everyone can also cry out to God

20

Application

- Pray and **Tell**
 - Privately
 - Rescue becomes salvation when we give thanks
 - Publicly
 - Praise God so others also can find help in God
- Tell Christians **Ask for the opportunity & for help**
 - Remind each other that God is working in power
- Tell non-Christians
 - Let people know that God is working in power
 - Ask for the opportunity & for help**

21

When we can speak louder than Jesus

Then all the people of the region of the Gerasenes **asked Jesus to leave them...**

The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, **“Return home and tell how much God has done for you.”** So the man went away and told all over town how much Jesus had done for him. *Luke 8:37-39*

Who are you going to tell today? this week?

22

When we can speak louder than Jesus

**“Call on me in the day of trouble;
I will deliver you,
and you will honor me.” *Psalm 50:15***

Who are you going to tell today? this week?