

Help When We Are Helpless

Scripture: Psalm 121

BIG idea: *Where does your help come from when you feel helpless?*

- *We are in a vulnerable position that seems helpless. Psalm 121:1*
- *We wrestle and wonder where help will come from. Psalm 121:1*
- *We can either run toward Jesus or run away from Jesus in helpless times. Psalm 121:2*

Which direction are you headed?

Four Comforting Characteristics of Christ

1. *Christ is the Creator and Sustainer of all things. Psalm 121:2b*
2. *Christ will keep you steady in unsteady times. Psalm 121:3a*
3. *Christ is continuously watching over you in crisis. Psalm 121:3b-4, 7-8*
4. *Christ is near us and enough for us when we feel helpless. Psalm 121:5-6*