

# GCFSM SUNDAY

FEBRUARY 12, 2023 | SERMON OUTLINE ISSUE #07

 GCF  
SOUTH METRO  
CHURCH

## SERMON OUTLINE

# WHERE DOES MY HELP COME FROM?

ELDER RAYMUND SANCHEZ | PSALM 121

### A Traveler's Question and Confession

<sup>1</sup> *I lift my eyes to the hills –  
from where will my help come?*  
<sup>2</sup> *My help comes from the Lord,  
who made heaven and earth.*

The psalm begins with a question to which anyone can relate: Where can I get help? Or better, where can I look for help?

Many interpreters imagine a traveler about to depart on a journey – perhaps a pilgrimage to Jerusalem for a festival, or perhaps any journey. Such a question is a natural – whether one is thinking of a geographic journey through dangerous territory, a lifelong journey through many ups and downs, or a spiritual journey to discovery seeking a homecoming to God.

Life is full of many dangers. The physical: disease, injury, accident, war, infirmity, or natural disasters. The economic: recession, depression, unemployment, outsourcing, downsizing, insolvency, debt, or theft. The spiritual: doubt, sin, evil, corruption, or false teaching.

What more natural question to ask than, "From where does my help come from?"

The psalmist answers his or her own question with a confession of faith: "My help comes from the Lord, maker of heaven and earth."

The psalmist does not look to nature for help! Those hills, after all, might be hiding some threat, some predator. The psalmist's help

comes from the very one who made the hills, the heavens and the earth: God! The hills may obscure some threat, but they also by their very existence bear witness to the creator. Who is God? God is a keeper. God's identity is to protect, shield, watch over, guard, keep. God does this like a watchman keeping guard over a city or a bird shielding its young in the shelter of his wings. What does God promise to do? God promises to keep you. God will guard you as you go on your journey of life, and as you return home. As you go out and come in. As you face the dangers of the day and of the night.

The list of promises here is not meant to suggest that those who walk in the shelter of God will face no harm or that nothing ill will befall them.

These promises, however, are meant as characteristic promises – these are the sort of things that the Lord does for those who rely on him. And the words of blessing and promise evoke God's protection and our awareness of it.

The words of Psalm 121 makes for an amazing prayer, read it often, memorize it, reflect on it, ponder its truths, pray it over your children out loud, use it to bless others! ✱



## ANNOUNCEMENTS

- **LOVE THY NEIGHBOR**  
Evangelizing Ministry  
Give a tag. Share the love.  
February 2023  
*Visit their booth at the lobby!*
- **WOMEN OF GRACE FELLOWSHIP**  
Women of Grace Ministry  
February 14, 2023  
9:00 AM - 12:00 NN  
Venue: GCFSM YDT
- **FAMILYMPICS 2023:**  
**Together in Unity and Love**  
February - April 2023  
  
Culmination Day  
May 1, 2023 | 7:00 AM - 4:00 PM  
Muntinlupa Sports Complex
- **CONNECT & MEMBERSHIP CLASSES**  
Enlisting Ministry  
Connect Class - Feb. 18, 2023  
Membership Class - Feb. 25, 2023  
*Please visit the GG Booth to register.*

## FLOWER SPONSORS

*The church opens the opportunity for everyone to support our worship services and special events by sponsoring our flower decor and arrangements! If you want to sponsor, you can contact our administrator Ninch Estrella at 09276551156.*