

Psalm 121

Jerusalem = 2575'

Jericho = -800' (below sea level)

Dead Sea = -1350' (below sea level)

I. We all need help. 我們都需要幫助. (vv. 1-2)

【創 Gen 2:18】

幫助=helper = עֲזָרָה

【王上 1King 19:3~4】

II. 我們的幫助是神, 而不是環境. Our help is God, not the environment.

III. 我們的幫助的特點. How does our “Help” help us?

A. He does not need refuel. 祂不需要加油. (vv. 2-3)

B. He is your companion all the way. 祂是你全程的陪伴. (vv.5-6)

IV. 當我們對幫助有正確的認識, 祝福會源源不斷. When we truly know the “help”, blessing continues. (vv. 7-8)

【太 Matt 6:13】

Reflections:

1. what is the best way to experience God’s help? Share some of your experiences with the fellow brothers and sisters. 甚麼是最好經歷神的幫助. 分享一件你經歷過神幫助你的見證.

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