

## The Lord is My Helper; Hebrews 13:5-6

- I. Psalm 118
  - A. The Hebrew writer quotes this psalm in verse 6
  - B. Psalm 118 has no title and does not mention any author
  - C. For many years it was attributed to David after God had defeated Saul and given David the Kingdom
  - D. In more recent years other scholars have had different ideas
    1. W.E. Addis thinks it was a marching song sung by pilgrims on their way to Jerusalem (1920)
    2. H.C. Leupold thinks it is a national hymn for Israel (1977)
    3. I tend to think the original understanding is the more accurate
    4. It is an intensely personal Psalm — the words “I,” “my,” and “me” occur 30 times within 25 verses (5-29)
    5. It is a Psalm about distress and deliverance
    6. It is a Psalm about trusting God and His plan
    7. Many of David’s Psalms have similar themes
  - E. The Hebrew writer chose these two verses (5-6) to encourage Hebrew Christians to remain faithful and steadfast
- II. Not Forsaken
  - A. Hebrews 13:5 (ESV); Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”
  - B. This is another quote
    1. Deuteronomy 31:6–8 (ESV); <sup>6</sup> Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” <sup>7</sup> Then Moses summoned Joshua and said to him in the sight of all Israel, “Be strong and courageous, for you shall go with this people into the land that the Lord has sworn to their fathers to give them, and you shall put them in possession of it. <sup>8</sup> It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”
    2. Joshua 1:5–8 (ESV); <sup>5</sup> No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you. <sup>6</sup> Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. <sup>7</sup> Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. <sup>8</sup> This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
    3. David encourages Solomon with these words as he is giving him the plans of the temple in 1 Chronicles 28:20
    4. Solomon uses the same words during his prayer of dedication after the ark of the covenant is brought into the temple in 1 Kings 8:57
  - C. These words have just as much meaning for us as well.
  - D. God does not leave us — we leave Him
    1. When we decide that a life filled with our own desires and pleasures is worth more than a life filled with God
    2. It is clear that even after we leave God, He is willing to take us back (the parable of the lost son in Luke 15)
  - E. In the middle of our most horrific moment, our biggest tragedy, our most gigantic hurdle, God is with us — He will never leave nor forsake us
    1. God is not some Texas sheriff with a radar gun in a speed trap waiting to catch us speeding down the interstate!

2. God is not sitting in heaven with a divine fly swatter waiting for us to sin so He can smack us!
  3. I imagine God is up there saying, “oh no! Don’t do that. That will only lead to pain, suffering, and heartache.”
  4. And in the midst of our (sometimes self-made) suffering He is offering us comfort, peace, a way through
  5. Psalm 118:5 (ESV); Out of my distress I called on the Lord; the Lord answered me and set me free.
  6. 2 Corinthians 1:3–4 (ESV); <sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, <sup>4</sup> who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
- F. When you ask yourself, “where are you, God?”, the answer is right here in Hebrews 13:5, “I will never leave you or forsake you”

### III. I Will Not Fear

- A. Hebrews 13:6 (ESV); So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”
- B. Fear is real — we are all afraid of something (or multiple things)
  1. I dislike horror movies
  2. I dislike spiders
  3. But my fear is based on something that has not happened yet (I have never been bitten by a spider or chased by a zombie, vampire, or evil spirit)
- C. Giving into fear means we have more faith in what may happen to us than in what will happen to us (eternal life)
  1. I know it is a hard thing to come to terms with
  2. I cannot imagine Joshua headed into Jericho
    - a) Marching around a city is not a winning strategy
    - b) Blowing trumpets is not a winning strategy
    - c) Yet God used both of those and Joshua gained the victory
  3. What about Gideon
    - a) He started out threshing wheat in the winepress (he was fearful of the Midianites)
    - b) He used a fleece (twice) to make sure God was with him
    - c) He started out with 32,000 people (Judges 7:3)
    - d) He fought all of Midian with only 300
- D. We don’t have to be servants of our fear
  1. We take our fears to God and let Him handle them
  2. We trust the Lord and His word
  3. We press forward — through our fear — and complete the task God has given us
  4. Psalm 118:6 (ESV); The Lord is on my side; I will not fear. What can man do to me?
- E. No one can stand against God — and we stand with Him!

### IV. The Lord is My Helper

- A. No matter what you find yourself in the middle of you can turn to God and He will be there for you
- B. God’s presence can put to rest any fear
- C. Be strong and courageous and do not be afraid!