



Lesson 6: Help

Psalm 124 (The Message)

- 1-5 **124** If GOD hadn't been for us
—all together now, Israel, sing out!—
If GOD hadn't been for us
when everyone went against us,
We would have been swallowed alive
by their violent anger,
Swept away by the flood of rage,
drowned in the torrent;
We would have lost our lives
in the wild, raging water.
- 6 Oh, blessed be GOD!
He didn't go off and leave us.
He didn't abandon us defenseless,
helpless as a rabbit in a pack of snarling dogs.
- 7 We've flown free from their fangs,
free of their traps, free as a bird.
Their grip is broken;
we're free as a bird in flight.
- 8 GOD's strong name is our help,
the same GOD who made heaven and earth.

I. A Clerk In The Complaints Department Of Humanity

The first lines of the Psalm describe God as, “for us.” The last line is, “God’s strong name is our help, the same God who made heaven and earth.” It is saying God is for us, God is our help. For some Christians there is doubt that God could really be their help when they are dealing with struggles and tragedies. This has led to many preachers and elders to become defenders for God. However, God doesn’t need a defender but a witness.

The work of a disciple is to witness, not apology, and Psalm 124 is an excellent example or model for this. It does not argue God’s help; it does not explain God’s help; it is a testimony of

God's help in the form of a song. The Psalm's voice is solid, and it has so much more substance than the complaints we hear every day.

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when everyone went against us,
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Swept away by the flood of rage,
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The witness of this Psalm is so vivid and contagious. One person announces the theme and everyone travelling joins in with the song. God's help is meant to be private but corporately and it's not an exception but the norm among the people of God. Here is how the Psalm describes God's help...

- A. The Sea Monster – representing our fears where there is no escape.
- B. A Flood – A disaster in your life.

The Psalmist is not talking about the good life, how God spares him out of all difficulty. This person has gone through the worst- the dragon's mouth, the floods torrent and finds himself intact. He was not abandoned but helped. The final strength is not in the dragon or in the flood but in God who, "didn't go off and leave us."

II. Hazardous Work

What is so hazardous in our work as Christians? In a world where nearly everything can be weighed, explained, quantified, scientifically controlled, we persist in making the center our lives a God whom no eye has ever seen, nor ears ever heard, whose will no one can probe. That's a risk.

III. Zoomed In 100x

Many times, we like to look to heaven for a feeling of praise and relief. This Psalm looks at the other direction of trouble and anxiety. It sees there, the God who is on our side and is our help. The close look, the microscopic insight into the dragon's terrors, the flood's waters, and the imprisoning trap, sees the action of God in deliverance.

Psalm 124 is an instance of a person who digs deeply into the trouble and finds there the presence of the God who is on our side!