

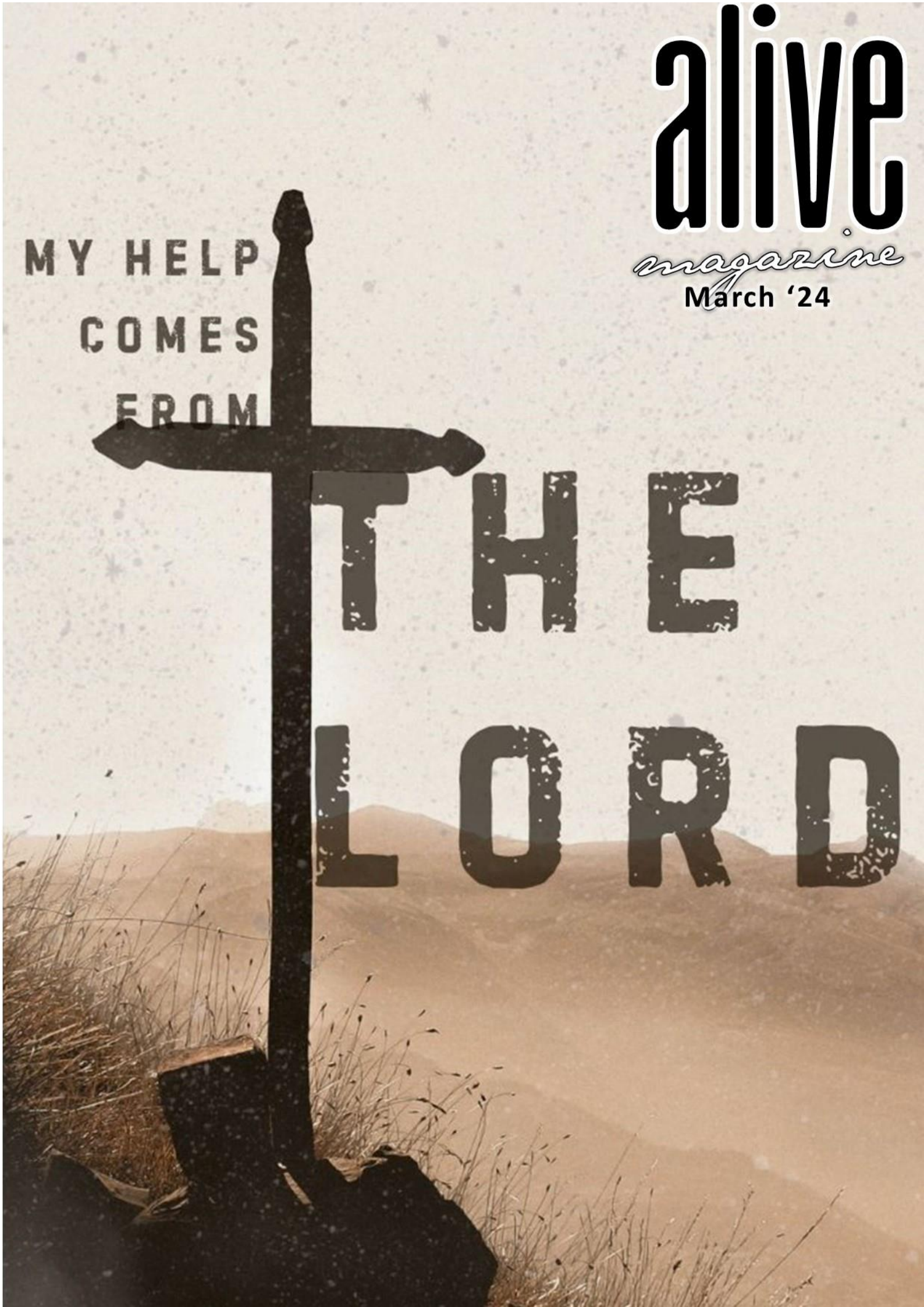
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magazine

March '24

MY HELP
COMES
FROM

THE
LORD



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COMES FROM GOD

THE PLAN



By Andrew Roebert
AliveToGod.com | March 2024

IT IS TIME TO LIFT UP OUR EYES

Sometimes when we have been through a season or a time of issues and struggles it can leave us feeling discouraged and tired. The picture of someone whose head is hanging down reflects such a state. We all go through seasons like this at some stage in life and we can be left feeling bereft. Perhaps your strength is gone, you are tired of the battle, and it seems like this time period has been going on for a long time. But now is the time to lift up our heads and to lift up our eyes off the difficulties and challenges and to look to God for the next season and His help in a new future.

Psalm 121:1
**‘I lift up my
eyes...’**

YOUR HELP COMES FROM THE LORD

Ultimately the Lord is our only hope and the only One to Whom we can look for help and for the hope of a new future. We don't look to the hills for our help or to any other idea we may have about where our help comes from. We know where our help comes from and there is only one Source when it comes to the help that we need - THE LORD! Don't look to other sources for your help, look to the Lord for the help you need.

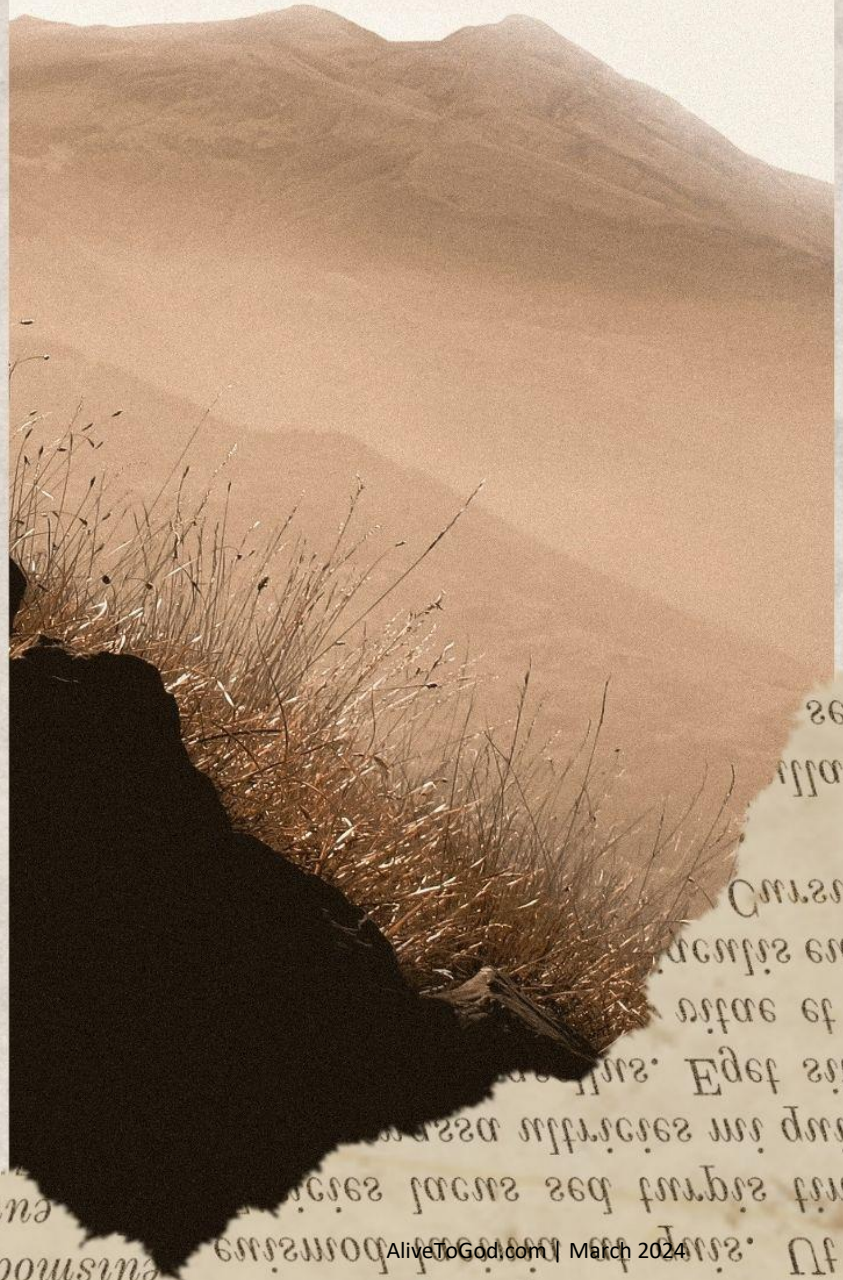
Psalm 121:1-2
**‘From where
does my help
come? My help
comes from
the LORD!’**




YOUR HELPER MADE THE HEAVENS AND THE EARTH

Your Helper (The Lord) is very capable. He can rescue, deliver and lift you up and out of the miry clay and put your feet on a rock. If He made the heavens and the earth, then there is nothing you may need that He is unable to supply. Nothing is too difficult for the Lord. Keep putting one foot in front of the other and do the things that need to be done as they arise and the next thing you will know is that He has brought you through it all.

**Psalm 121:2 'My
help comes from
the LORD, the
Maker of heaven
and earth.'**





THE ONE WHO HOLDS YOU IS NOT SLEEPING

Sometimes when we are going through a challenging season it sometimes seems like God is doing nothing. He is NEVER doing nothing, He is always active in our lives. Even if we feel like we are not making any progress or even going backwards, He is still there and He is still working in our lives and in our situation. The Lord is not asleep when it comes to what He is doing in your life. He will not allow things to overwhelm you and He will hold you up so that your foot does not slip and so that you will not fall.

Psalm 121:3-4

**'He will not allow your foot to slip;
your Protector will not slumber.
Behold, the Protector of Israel will
neither slumber nor sleep.'**

In your mind's eye see a picture of Him holding you up so that you cannot slip or fall.

THE LORD IS YOUR KEEPER

How awesome it is to know that we have the Lord Who loves and cares for us. The Bible tells us that He is our Keeper. A keeper is more than just someone who is just there, it is someone who is interested and has our best interests at heart. The Keeper that the Bible is speaking about is like a bodyguard who is watching over you to preserve you. He is your Defender, and He will never abandon you or leave you unaided.

Psalm 121:5-6
'The LORD is
your Keeper; the
LORD is the
shade on your
right hand. The
sun will not strike
you by day, nor
the moon by
night.'

Day and night we can rely on His power to save and His mercies to rescue and protect us. Don't fear the worst but keep believing for the best. Believe that with His help things will work out and that trusting for the best outcome can be the best thing to do.



THE LORD WILL WATCH OVER YOU

I once heard a story about a farmer who experienced a fire on his farm. When the fire had done its damage he was walking around frustrated and angry. He noticed a clump of what he thought was burnt grass. He kicked it in frustration, and it was in fact the remains of a burnt dead hen. As he displaced the chicken, out from under her remains ran all her chicks. She had watched over them, paid with her life and now here they were, still alive. It was the beginning of a new start. The Lord will watch over you.

He paid the price with the death of His Son on the cross so that we could hide under His protection and come out to a new life and a new opportunity for a fresh start. No matter what you may think the future looks like, He is already there, and He will carry you each and every day. He will watch over you.

Psalm 121:7-8

'The LORD will guard you from all evil; He will preserve your soul. The LORD will watch over your coming and going, both now and forevermore.'

He will guard you, He will preserve you and He will watch over you, right now, tomorrow and every day that lies ahead including throughout all eternity. This must be one of the most reassuring things we could ever know. It all starts as we lift up our eyes above the problems, focus on the One Who wants to help us and then throw ourselves into His eternal and unfailing arms.



These are just a few of His almost 7000 promises in His word that we could hold God to, as He is not a God who should lie but He is a God who is the same yesterday, today and forever more and that's why we can place our hope, trust and faith in Him because He loves and cares for us more than we will ever know or encounter. Amen.

Bless you Andrew as you walk your journey in life with our Father so that one day we will meet each other and give God all the praise, glory and honour He deserves for helping us along our life's journey in this dying world that we face each day to help people see that there is hope and it's only in Jesus that we can find this hope, love, joy and peace in our hearts that everyone is seeking but looking for it in the wrong places like money, power, sex and idolitry and in many other forms not mentioned above.

We need to just press forward and onward like a good and faithful soldier in this battle that the Lord has already won for us and achieved the highest degree of success through His son Jesus Christ and lean not on ourselves anymore but to surrender every part of us to God almighty that He may use us to do His plan and purpose through us without murmuring and complaining because Jesus says it so wonderfully in the garden of Gethsemane, not my will but your will be done. Jesus paid the ultimate price for us and we owe Him with our lives, Amen.

WATCH YOUR THOUGHTS!



KEYS TO A SUCCESSFUL LIFE (KEY 10)

BY: ANDREW ROEBERT

It has been said that we become what we think. If this is true then our thought-life plays a far greater role than we ever could have imagined. I have discovered that our thoughts and what goes on in our minds has a great bearing on who we are and what we become. What do we tell ourselves? What do we confess? What are we thinking and how does this affect our lives? These are questions that we must ask ourselves. We are made up of body, mind and spirit. Each of these elements in their own right must be balanced. If what goes on in our minds is not tempered and balanced, our minds can get out of balance and this can lead to discouragement, depression and wrong perspectives. We need to guard our minds so that we can be balanced and effective

GIRD UP THE LOINS OF YOUR MIND

This may sound like a very strange concept, but it is a concept from the Bible that has given me direction and understanding.

1 Peter 1:13

Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ. (NKJV)

Our loins are the seats of our generative power. The area of our bodies that houses our ability to reproduce and be fruitful. It is a tender, sensitive area that needs to be protected. Trauma to this area can be serious and painful. In the same way our minds are sensitive instruments that must be protected and nurtured. We cannot just allow our minds to run amok. As a child I used to battle with my thoughts. At night I would lie down to sleep and my mind would come alive. I would think three completely different thoughts in one split second. It became distressful and lead to insomnia. Our minds are a vital part of our make-up. By taking control of this area of our lives it can bring balance and ultimately success.





WHERE IS YOUR FOCUS?

It starts by evaluation where our focus lies. What are we focusing on and what do we allow our minds to dwell on. In South Africa, where I live, many people live in fear of crime and violence. It eventually affects every aspect of their waking lives. It even begins to affect how they see other people and robs them of their ability to trust! As people constantly focus on their fears they become fearful and fear ridden. Where is your focus?

Colossians 3:1-2

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.

Bringing balance into the arena of our thoughts starts as we begin to adjust our focus. When we look down we inevitably see all the problems, but when we lift our vision and our focus we can begin to see things from a different perspective and begin to place our trust in God.

OUR THOUGHTS HAVE CONSEQUENCES

Our thoughts affect our lives. In essence we are a product of our thoughts. Change the way you think and the way you see things will also change. If you think that you are not good enough and that you will never make it, then the possibility is good that you will not be good enough and will never make it! If you think about what you can do and what you could achieve, you may just surprise yourself.

Proverbs 23:7

For as he thinks in his heart, so is he.



ENTERTAINING THE RIGHT THOUGHTS

The things we entertain in our minds have a very real possibility of happening. I have a friend who dreamed of having his own business, so he left his job and started the business with a one-room office, a fax and a phone. The phone never seemed to ring. Instead of thinking about what a failure he was, he began to dream about a fleet of white vans fetching and carrying stock. Today that business has boomed and there is a fleet of white vans running non-stop. This is a positive example. Job in the Bible tells us a different story. Job faced many tragedies but it appears that secretly (in his own mind) he had entertained negative thoughts. It is all summed up for us in one comment that he made!



Job 3:25

**What I feared has come upon me; what I dreaded
has happened to me**

OUR RELATIONSHIP WITH GOD

Our thoughts even go further and affect our relationship with God. God is the ultimate picture of hope for every human being. Yet despite this many are losing hope and the rapid growth in the illness of depression bears testimony to this. When hope is lost, discouragement and depression set in. In its worst form we may even begin to feel as if God has betrayed us! Once our minds begin to tell us that even God has betrayed us, how can we expect our hope and confidence to be renewed. I found this very interesting scripture:

1 Peter 4:7

**Therefore be clear minded and self-controlled so
that you can pray.**

**If all sorts of negative and inappropriate thoughts
bog down our minds, it will even begin to affect our
relationship with God.**



PASS THE TEST!

I believe that each of us needs to pass the test that God has given for our thoughts. Did you know there was a test? God has given us a very clear guideline as to what we should focus our thoughts on if we want our minds to prosper. It is an 8-point test that we need to subject our minds and thoughts to

Philippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.

Here are the eight things: things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy. How often our minds and our thoughts are focused on everything but these things. Is it any wonder we are weak, poor and sick? Begin to evaluate your thoughts and begin to see if they pass this test. If they do not then begin to substitute them with the positive!

TRANSFORMATION

God wants a transformation to take place in our lives. This begins with our thoughts and our minds. When we begin to realise that God's ways and thoughts are not our thoughts and ways and that just perhaps God has got something wonderful planned - something begins to change on the inside!

Isaiah 55:8-9

For My thoughts are not your thoughts, neither are your ways My ways, says the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts. Transformation starts in our minds.

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.



It is almost as if our minds need to be re-programmed so that they receive the new input and believe it as God would have us do!

PREPARE YOUR MIND FOR ACTION!

This is how we can start. Let us begin to believe God and His word. If He says He has plans for our good and not for our evil, to give us a hope and a future, then let's choose that as fact and what we will believe. Speak out the positive. Believe the promises! Get your mind ready!

1 Peter 1:13

**Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.
(NIV)**

Allow the Holy Spirit to begin to control your mind and your thoughts. It is the key to life and peace. The key to success!

Romans 8:6

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.

Let Him control your thoughts today!

WATCH YOUR THOUGHTS

WHAT DOES IT MEAN

WHEN GOD SAYS, “I AM WITH YOU” (ISAIAH 41:10)?

In Isaiah 41, God begins to outline His redemption plan for the remnant of Israel. The Jewish people would encounter many hardships and challenges on their long journey home. Without a doubt, they would experience fear during the enormous undertaking of rebuilding in the days ahead. Three times in this chapter, the Lord speaks to that fear with words of comfort and assurance:

“SO DO NOT FEAR, FOR I AM WITH YOU; DO NOT BE DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU; I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND” (ISAIAH 41:10; SEE ALSO ISAIAH 41:13–14).

When God says, “I am with you,” He seeks to calm our fears with the reassurance of His powerful presence even in the worst times. Despite all that Israel had suffered during its years in captivity, despite every threat from powerful enemies,

BY: GOTQUESTIONS.ORG

despite its weaknesses and consequences of defeat, God wanted His people to know that He was still with them, just as He is with us through every unforeseen twist of fate and personal trial in life.

God’s words to Joshua echo to all His faithful servants, “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” (Deuteronomy 31:6, ESV; see also Deuteronomy 31:8; Joshua 1:9; Haggai 1:13). As David declared, we too can be sure:

“GOD IS OUR REFUGE AND STRENGTH, ALWAYS READY TO HELP IN TIMES OF TROUBLE. SO WE WILL NOT FEAR WHEN EARTHQUAKES COME AND THE MOUNTAINS CRUMBLE INTO THE SEA. THE LORD OF HEAVEN’S ARMIES IS HERE AMONG US; THE GOD OF ISRAEL IS OUR FORTRESS” (PSALM 46:1–2, 7, NLT).



When God says, “I am with you,” He stills our trembling hearts with the promise of His care. He told His servant of old, “I will personally go with you, Moses, and I will give you rest—everything will be fine for you” (Exodus 33:14, NLT). The Lord is our Shepherd of Psalm 23: He cares for our needs, gives us rest, renews our strength, and guides us along the right path. Even when we walk through the darkest valley, we don’t have to fear because God is close beside us. Our enemies will not harm us, and God promises to bless us with His goodness and love every day and for all eternity.

When God says, “I am with you,” He quiets our anxious thoughts with the assurance of His strength. We know that, if God is with us, nothing can stand against us (see Proverbs 21:30; Romans 8:31). With God on our side, we will not be overcome “because the one who is in [us] is greater than the one who is in the world” (1 John 4:4). We don’t have to rely on our own strength. In our human weakness, God’s strength is made perfect (2 Corinthians 12:9–10; 3:4; Judges 7:4–7). The Lord’s plans and purposes cannot be thwarted (Mark 10:27; Job 42:2; Genesis 18:14).

When God says, “I am with you,” He comforts us with His guarantee of help. The Bible says the Lord will not let us stumble; He watches over us, never sleeping or slumbering (Psalm 121:3–4). Whenever we are in trouble, He is ready and willing to help us (Psalm 46:1; 124:1–8). The God who made heaven and earth is the One we can count on when we need rescuing (Psalm 124:1–8). We can confidently say, “The Lord is my helper, so I will have no fear. What can mere people do to me?” (Hebrews 13:6, NLT).

When God says, “I am with you,” He dispels our worries by extending His guiding, protecting, supportive hand. The psalmist affirmed, “Yet I am always with you; you hold me by my right hand” (Psalm 73:23). God’s hand symbolises His power, sovereignty, and authority in the world (Psalm 95:4; 45:16; 118:15–16; 1 Chronicles 29:12). We are safe in God’s hands.

When God says, “I am with you,” He promises never to fail or abandon us. His presence will be with us forever. Jesus reaffirmed this pledge with His parting words before ascending into heaven: “And be sure of this: I am with you always, even to the end of the age” (Matthew 28:20, NLT).



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