

He Is Our Help
A Study of the Spirit as our Helper

LESSON TEXT: Romans 8.26, 27

TOPIC: "O wretched man that I am! Who shall deliver me from the body of this death?" – Romans 7.24

PREFACE

To continue the thought from Wednesday night's Bible Study, we omit to pray until things get so bad that we have no other choice but to go to God in prayer. We've learned that it is easy to pray without ceasing if you have examined yourself according to the Word of God and determined that you must do better.

Prayer is simple to do. Yet, we find that it is the one thing the goes more undone that anything else. It would seem, to some, as if it is a weight. Which begs the question...?

HOW MUCH DOES A PRAYER WEIGH?

There is a story of a man who tried to weigh a prayer. He owned a little grocery store. It was the week before Christmas, shortly after World War I.

A tired-looking woman came into the store and asked for enough food to make a Christmas dinner for the children. The grocer asked her how much she could spend.

"My husband did not come back; he was killed in the War. And I have nothing to offer but a little prayer," she answered.

The storekeeper was not very sentimental nor religious, so he said, half mockingly, "Write it on paper, and I will weigh it."

To his surprise, the woman took a piece of paper from her pocket and handed it to the man, saying, "I wrote it during the night while watching over my sick baby."

The grocer took the piece of paper before he could recover from his surprise and, because other customers were watching and had heard his remarks, he placed the unread prayer on the weight side of the old-fashioned scales. Then he began to pile food on the other side; but to his amazement, the scale would not go down.

He became angry and flustered and finally said, "Well, that's all the scale will hold. Here's a bag; you will have to put it in yourself, I am busy."

With trembling hands the woman filled the bag, and through moist eyes expressed her gratitude and departed.

After that the store was empty of customers, the grocer examined the scales. Yes, they were broken and they had become broken just in time for God to answer the prayer of the woman. But as the years passed, the grocer often wondered about the incident. Why did the woman come at just the right time? Why had she already written the prayer in such a way as to confuse the grocer so that he did not examine the scales?

The grocer is an old man now, but the weight of the paper still lingers with him. He never saw the woman again, nor had he seen her before that day. Yet he remembers her more than any of his customers.

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And he treasures the slip of paper upon which the woman's prayer had been written-simple words, but from a heart of faith, "Please, Lord, give us this day our daily bread."

POINTS:

- Our infirmities – II Corinthians 12:10
- Making Intercession – Jude 1:20
- He Is Our Help – Psalms 143:4-7

OUR INFIRMITIES – II CORINTHIANS 12.10

“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.”

Infirmities are different than afflictions, faults, or temptations. As defined in the Greek, an infirmity is:

Feebleness of body or mind; a malady or frailty; a disease or sickness

Malady, as defined by Merriam-Webster is:

An unwholesome or disordered condition

As an example, fear, can be an infirmity or malady. You've seen people who were afraid of their own shadow. There are people who have phobias; a condition in which they have to do a certain thing in a certain way and sometimes a certain number of times so they can feel normal. Phobias stem from fear. This is an unwholesome, disordered condition.

The scripture tells us the steps of a good man are ordered by the Lord. But God never ordered for us fear. In fact the scripture says:

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” – II Timothy 1.7

Infirmities are conditions we have that we cannot help. An affliction you can help; for, you can locate the source of the affliction and alleviate or rid yourself of it. A fault you can change; recognizing your own faults you can make a determination to be different. A temptation you can resist; knowing the things that you are weak to will allow you to stand on the Word of God and resist yielding to sin. An infirmity is something you cannot help or change. It takes God to heal you of an infirmity or give you the grace to help you bear it as He did to Paul.

We must be willing to take the same approach that Paul took. He had a positive outlook on things once he had a conversation with God. This will always be the case once you have a little talk with Jesus and tell all about your problems. He said:

“Most gladly therefore will I glory in my infirmities, that the power of Christ may rest upon me.” – II Corinthians 12.9

Whatever your infirmity may be it should not be an excuse for why you are not seeking God. Your infirmity should not be used a crutch to define your inabilities. Paul was rejoicing in the fact that the Power of Christ far outweighs any infirmity, inability, or malady.

Somebody say “AMEN”!

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MAKING INTERCESSION – JUDE 1:20

“But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost...”

The Spirit of God makes intercession for us. God alone knows what is in the mind of the spirit. Let's define the spirit's intercession:

1. Prayer is a sincere desire of the heart
2. Whatever is bothering you, is on your mind
3. Whatever is on your mind is also on the mind of the Holy Ghost that is within you
4. When you go to pray at whatever time you need God, the spirit intercedes for you.

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind;” – Ephesians 4.23

This is why Paul encourages us as he did the people of Ephesus to be renewed in the spirit of your mind. You may ask: ‘How is the spirit making intercession for me?’ Well have to look no further than our Lord Jesus Christ who is our High Priest.

Jesus professed that he did not come to condemn the law but to fulfill it. In the Old Testament, priest had to go to God for the people on a yearly basis. These were men like us; flawed, full of faults, and sometimes corruptible. When Jesus came, He came to fulfill the role of the true High Priest by laying down His life as the sacrifice and then offering that life to God as an atonement for our sins. Here is what the writer of Hebrews says:

“For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.” – Hebrews 4.15

- I like that statement ***“feeling of our infirmities”***. Jesus felt the weakness that was within us. Jesus was exposed to the malady or disorder that was contained within this rebellious flesh.
- He was wounded in His heart having been betrayed, denied, and forsaken by those He handpicked and loved.
- He was bruised by the scorn of His mockers and His haters.
- The chastisement, consisting of what was seemingly a never ending punishment, was upon Him so that we might have peace.

This unique experience gave Him the knowledge no one else had. This willingness to go through caused him to be qualified to be our intercessor. The writer of Hebrews comes back yet again to tell us:

“Wherefore he is able also to save them to the uttermost that comes unto God by him, seeing He ever liveth to make intercession for them.” – Hebrews 7.25

Somebody say: ***“Thank you Lord for dying for me. Thank you Lord, for living to intercede for me.”***

I don't know about you; but, I need the Lord interceding on my behalf. If He doesn't say anything but 'I died for Him' that is more than enough. It encourages and comforts me to know that He is my very present help.

Somebody say “AMEN”.

HE IS OUR HELP – PSALMS 143.4-7

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***“I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. I stretch forth my hands unto thee: my soul thirsts after thee, as a thirsty land. Selah.” –
Psalms 143.5,6***

This brings us to our last point tonight:

- Like David, I remember the days of old. I remember the times when the anointing fell. I remember that the church used to be the saints hospital.
- Like David, I often meditate on the wondrous works God performed in our midst. I often think about the prayer meetings on Monday night that would last seemingly all night long. I often think about how powerful the presence of God was in our midst.
- Like David, I often muse, pondering on the wonderful exploits that God allowed me to witness. Although I did not understand as a child. I believe like the old saints used to say, *‘I’ll understand it better by and by’*.
- Like David, I often contemplate on the days we’d come to church full of joy. The prayer would be prayed and we’d go to another level. Just the word of encourage would spark a fire and before you knew it we go up into a crazy praise. The glory of the Lord would fill the place to the degree that we’d have several rounds of praising God in the dance.
- Like David, I would remember that in those high anointed praise services that if anybody was bound by their circumstance, if anybody was bound by their situation, Momma tell them to just leap for joy, for the joy of the Lord is your strength. Their simple obedience would cause us to go to yet another round of praising God.
 - It kept us excite about coming to church.
 - It kept us in expectation of God to do something in our midst
 - It kept us looking forward to magnifying God because we knew He be an ever present help in the time of need.
- When I begin to think on those happy times, I can’t help myself. My hands would go up. My arms would become outstretched. I’d begin to mumble a faint little prayer. That prayer would be:
 - *Lord bring back those happy days*
 - *Oh, Lord bring back those happy days*
 - *When the Holy Ghost was found*
 - *In almost every place*
 - *Lord bring back those happy days*

Somebody say: ***‘Yes, Lord. Do it again!’***

→ I know we don’t deserve it. Please ***“Do it again!”***

→ We can’t make it unless you ***“Do it again!”***

→ Lord, send a fresh anointing. Please, ***“Do it again!”***

- In those days, people would hear the word of God and begin to rend their hearts. By the time the message was over, they would make their way down to the altar.
- They recognized that no longer would they have to bare these burdens alone.
- They came to realize that they didn’t have to make it through this life alone, because Jesus promised never to leave me alone.
- They discovered that ***He is Our Help!***

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- No matter what you may be going through.
- No matter what you may be feeling bad about.
- No matter what you may be halted by.
- Tell somebody: ***He is Our help!***
- You might be feeling up one day and down the other. But you've got to keep in mind that "***He is Our help!***"
- You might have peace today and unrest tomorrow. But you've got to keep in mind that "***He is Our help!***"
- I just stopped by here to tell you:

"For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory: While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporary; but the things which are not seen are eternal." – II Corinthians 4.17

What I'm trying to tell you is:

- No matter the disorder or the unwholesome condition - ***He is Our help.***
- No matter the test or the trial - ***He is Our help.***
- No matter the frustrations or the Lions, the Tigers, and Bears; O My! – ***He is Our help.***
- No matter neither the bad habit nor the time you've lost to sin – ***He is Our help!***
- No matter neither the bad choices nor the outcome of a bad situation – ***He is Our help?***

Somebody say: "He is, say He is, say He is,– He is Our Help."

CONCLUDE: