

20220710 Live in the ability of God

Psalm 121:1-8

¹ I lift up my eyes to the mountains—
where does my help come from?
² My help comes from the LORD,
the Maker of heaven and earth.
³ He will not let your foot slip—
he who watches over you will not slumber;
⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
⁵ The LORD watches over you—
the LORD is your shade at your right hand;
⁶ the sun will not harm you by day,
nor the moon by night.
⁷ The LORD will keep you from all harm—
he will watch over your life;
⁸ the LORD will watch over your coming and going
both now and forevermore.

LIFE DISTRACTED (LUKE 10:38-42)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.
³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said.
⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things,
⁴² but few things are needed -or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

**Martha was distracted by many things necessary.
Mary chose to do one thing the most necessary.**

LIFE OF ANXIETY – A DISTRACTED LIFE (FULL OF WORRIES AND UPSET)

Luke 10:41-42

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things,
⁴² but few things are needed - or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

ANTIDOTE TO ANXIETY

Luke 10:39

³⁹ She (Martha) had a sister called Mary, who sat at the Lord's feet listening to what he said.

- Listening to God's promise attentively -

JESUS' PROVISION: PEACE OF GOD

John 14:27

²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**4 LIFE LESSONS TO LIVE IN GOD'S ABILITY FROM PSALM
121**

1. I need to know that my help comes from God.

² My help comes from the LORD, the Maker of heaven and earth.

2. I need to know that God is able to keep me from stumbling into mistakes.

³ He will not let your foot slip—he who watches over you will not slumber;

⁴ indeed, he who watches over Israel will neither slumber nor sleep.

3. God is able to deliver me from the threatening situations of life.

⁵ The LORD watches over you—the LORD is your shade at your right hand;

⁶ the sun will not harm you by day, nor the moon by night.

⁷ The LORD will keep you from all harm—he will watch over your life;

Genesis 50:20

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

4. God is able to present me faultless before Him some day in heaven.

⁸ the LORD will watch over your coming and going both now and forevermore.

Jude 24

²⁴ To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy

TAKE HOME APPLICATION

Daily QT: Spend a moment with God each day