

Having dealt with neglecting our salvation (**v. 3**), the author immediately undertakes God's 'help':

**Hebrews 2:16: "For surely it is not angels that he helps, but he helps the offspring of Abraham."**

- **Grammatical Usage:** "**he helps**" or in the Greek, "epilambanetai" meaning, "He takes hold".
- **Literal Interpretation:** It is plain that for this purpose he did not become an angel; he became a man, in actual fact a descendant of Abraham. It was imperative that he should be made like his brothers in nature, if he were to take hold of us: becoming a High Priest both compassionate and faithful in the things of God, and at the same time able to make atonement for the sins of the people. For by virtue of his own suffering under temptation he is able to help those who are exposed to temptation.
- **Contextual/Comparison:** God keeps His Word: God continually uses His Word. How can we apply the assurance of God's help in our daily struggles?

**Our Foundational Promise: Psalm 94:17**

**"If the LORD had not been my helper, I would soon have dwelt in the abode of silence."**

- The statement is literal: without the Lord's active intervention, the psalmist would have perished.
- "**Helper**" (Hebrew 'ezri) pictures the Lord stepping in, lifting a burden the moment it would have crushed His child.
- The same unchanging God offers identical help to every believer today.

**How the Promise Speaks into Modern Struggles**

- Stress at work? The Helper enters the office with you.
- Fractured relationships? He supplies patience and grace no self-effort can muster.
- Hidden anxiety or depression? His presence guards you from the "**abode of silence**," the spiral toward despair.
- Financial uncertainty? The Provider stands behind every need you bring to Him.

**Living Out the Assurance—Practical Rhythms**

- Begin each morning by reading **Psalm 94:17** aloud—let truth set the tone before headlines or social media do.
- Memorize the verse; repeat it when pressures rise.
- Journal concrete moments when God helps—a running record that silences future doubts.
- Replace self-talk such as "I can't handle this" with "The Lord is my helper."

- Pause at midday, breathe, and thank Him for specific ways He has already carried today's weight.
- Share testimonies of His help with family or church friends; mutual encouragement multiplies confidence.
- End the day rehearsing one fresh instance of His assistance, then rest, knowing He never slumbers (**Psalm 121:4**).

### Scripture Snapshots That Reinforce the Same Assurance

- **Psalm 46:1**: "God is our refuge and strength, an ever-present help in times of trouble."
- **Isaiah 41:10**: "Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you."
- **Hebrews 13:6**: "So we say with confidence: 'The Lord is my helper; I will not be afraid. What can man do to me?'"
- **Romans 8:31**: "If God is for us, who can be against us?"
- **1 Peter 5:7**: "Cast all your anxiety on Him, because He cares for you."

### When Struggles Feel Unmoved

- Remember that waiting seasons still prove His help; delays refine faith rather than deny assistance.
- Seek wise counsel and prayer support from mature believers—God's help often arrives through His people.
- Stay anchored in obedience; sin unconfessed clouds assurance but repentance clears the sky.
- Hold fast to the certainty that ultimate deliverance is guaranteed in Christ, even when temporary relief tarries.

### Ways That God Helps Us in Difficult Times

1. God Gives Strength
  - God gives us strength to overcome (**1 Cor. 10:13**), but it is up to us to allow Him to help us and take His hand (**Philippians 4:13**).
2. God Gives Us Hope
  - The Bible tells us that Jesus has overcome the world (**John 16:33**), and if you know Him as your Savior, you are an overcomer (**1 John 5:4**). Our victory does not come from within ourselves but through faith in Jesus Christ.
3. God Gives Us Inner Peace to Understand the Difficulties
  - **Philippians 4:7** tells us, "the peace of God, which can transcend all our understandings, and it can guard our hearts and minds in Christ Jesus." It means that God's presence can give us peace in difficulties. Always remember that "God is always with us"; this will change your mind from negative to positive.
4. God Removes Our Burdens
  - The Bible says God is our refuge and strength (**Hebrews 6:18**), and He is present everywhere to help us in trouble. God has a remarkable way of removing things from our lives when the time is right.

5. God Helps Us to Be Calm
  - Often we face situations beyond our control, experiencing ‘outcome anxiety’. **Philippians 4:6-7**: reference, release, relief.
6. God Comforts Us Through People
  - Knowing what we need before we even ask, God often puts the right people in our lives at the right time. God sponsors purposeful encounters: **Job 2:11**
7. God Teaches us Valuable Life Lessons
  - You may learn how to rely on Him more than yourself.
  - He may be trying to teach you patience and endurance in a difficult situation.
  - He may be trying to guide you to trust Him more than anyone else.
  - He may be leading you to what matters in life.
  - He may teach you forgiveness and compassion for others who have hurt you.
  - He may be teaching you what true humility is and dependence on Him for strength and help.
  - He may be trying to teach you not to worry about tomorrow but to trust Him with your today and your future.
8. God Helps Us in Difficult Times by Bringing New Things
  - **Isaiah 43:19** says, "**Behold, and He can make new things**" Through the lens of faith, whether you're going through a job loss, a health challenge, or another difficult situation, there are often blessings and new opportunities in disguise from God. It's up to us to spot them. Often, it is God changing our path.

### **Encouragement for Today and Tomorrow**

The Holy Spirit's role as Helper is not a poetic metaphor but a settled reality. Every task you face, every burden you shoulder, every valley you walk—He interposes Himself between you and the crushing weight. Walk forward, certain that the same God who rescued the author of Hebrews, the Psalms...the Bible...will keep doing the heavy lifting in your life.

- **Conclusion:** Will I commit to God what I cannot bear?