



Devotional Study Guide Journal

February 10th

Jesus, Help Me!

Sometimes we experience troubles in life that are beyond our abilities to fix them. Everyone has moments like this. Often our difficulties can be quite extreme.

Psalm 18:10

The name of the LORD is a strong tower: the righteous runs into it and is safe.

When the winds of life blow and our personal mountains quake, we can run into Him for shelter. Sometimes, all we have strength to do is say, “Jesus, help me.” Even though these situations are way over our heads, He is here with us always. We can look to Him.

Hebrews 4:16

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

1. Recall an experience when you ran into Jesus for refuge. How did He resolve the situation?

2. What other passages in the Bible speak to this truth—that He is our refuge in times of trouble.

3. If you'd like, enjoy this song set.

https://youtu.be/4fePU3zU_Gc?si=D00bcuqmlalr1HZ0

