## THE FATHER HELPS HIS CHILDREN

**OBJECTIVE**: Recognize that as humans we are weak therefore we need help from our heavenly father.

Verse to memorize: "God is our refuge and strength, a very present help in trouble. (Psalm 46:1)

1-Our father is our Refuge
Let's see how David expresses himself.
Let's read Psalms 86:1-3
1- What are the two things David asks the Lord?
V1
V1
2-What is the reason why he asks this way to the Lord?
V1
3-What did David ask for his life?
V2
4-What is the reason as to why David prayed this way?
V2
5-God's mercy came upon David, for what reason?
V3
Let's see what other ways David prayed to the Lord the day that the Lord saved him from the hands of
Saul and his enemy.
6- In Psalm 18:26 mention two things that David did when he was anguished?
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7- How did the Lord answer David's prayer?
V16
8-What happened when the David cried out to the Lord?
V16
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2-Our father is our strength
1-According to Isaiah 40:31 how does the Lord reward those who trust and wait upon him? Mention four
things:
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2-In 1st Samuel 17-44-45 mention how the philistine wanted to intimidate David.
V44-
3-Mention what was the giants strength, in did Goliath depend in? There are three things in verse 45.
5-intention what was the grants strength, in the dollar depend in: There are three things in verse 45.
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4-In the same verse, mention whom David had his trust in and from whom his strength derived from.
5- As Christians, who gives us the strength to do all things? Read Philippians 4:13 
6-In 2nd Corinthians 12:9 what two things? 
3- Our father is our present help in the middle of our tribulation.  1- What is the security that we have in God in Psalm 121:3? Mention two of them:
2- According to John 16:33 who gives us peace?
3- In that same verse 33 what does the Lord Jesus say what we will go thru along our life in this world.
4- What does Jesus ask of us to obtain his peace, and why?