

Happy are Those Whose Help and Hope are the LORD

Psalm 146:5-10

Introduction

This Sunday is the third Sunday of Advent, and today's theme is hope. As a church, our mission is to invite all to build hope-filled homes in Jesus. So, naturally, this morning's theme resonates with us deeply.

Psalm 146:5-10

5 Blessed are those whose help is the God of Jacob,
whose hope is in the LORD their God.
6 He is the Maker of heaven and earth,
the sea, and everything in them—
he remains faithful forever.
7 He upholds the cause of the oppressed
and gives food to the hungry.
The LORD sets prisoners free,
8 the LORD gives sight to the blind,
the LORD lifts up those who are bowed down,
the LORD loves the righteous.
9 The LORD watches over the foreigner
and sustains the fatherless and the widow,
but he frustrates the ways of the wicked.
10 The LORD reigns forever,
your God, O Zion, for all generations.
Praise the LORD.

Exposition

I. The God Who Is Our Help and Hope (V. 5)

Notice how the psalmist does not merely say that God gives help and hope, but rather, that he IS help and hope!

II. The God Who Creates, Sustains, Delivers, and Protects is Our God (Vv. 6-9)

These verses demonstrate how it is that God truly can be our Help and Hope!

Conclusion

J. R. Vassar, in his book *Glory Hunger*, wrote

One day we were prayer walking through a large Buddhist temple, when I witnessed something heartbreaking. A large number of people, very poor and desperate, were bowing down to a large golden Buddha. They were stuffing what seemed to be the last of their money into the treasury box and kneeling in prayer, hoping to secure a blessing from the Buddha. On the other side of the large golden idol, scaffolding had been built. The Buddha had begun to deteriorate, and a group of workers was diligently were repairing the broken Buddha. I took in the scene. Broken people were bowing down to a broken Buddha asking the broken Buddha to fix their broken lives while someone else fixed the broken Buddha.

The insanity and despair of it all hit me. We are no different from them. We are broken people looking to other broken people to fix our broken lives. We are glory-deficient people looking to other glory-deficient people to supply us with glory. Looking to other people to provide for us what they lack themselves is a fool's errand. It is futile to look to other glory-hungry people to fully satisfy our glory hunger, and doing so leaves our souls empty.

Where are you looking for help? When the marriage is on the ropes, when the job is uncertain, when the finances don't add up, when the prognosis isn't good, when the kids won't listen, where will you look, to whom will you turn? Who will you place your hope in?

Happy are those Whose Help is the LORD! Happy are those Who Hope in the LORD!

And who is this LORD? His name is Jesus!

On Jesus' role in creating and sustaining all things, let's read Colossians 1:15-20...

¹⁵ The Son is the image of the invisible God, the firstborn over all creation. ¹⁶ For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷ He is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

On Jesus' role in delivering and protecting us, let's read Luke 7:18-23...

¹⁸ John's disciples told him about all these things. Calling two of them, ¹⁹ he sent them to the Lord to ask, "Are you the one who is to come, or should we expect someone else?"

²⁰ When the men came to Jesus, they said, "John the Baptist sent us to you to ask, 'Are you the one who is to come, or should we expect someone else?'"

²¹ At that very time Jesus cured many who had diseases, sicknesses and evil spirits, and gave sight to many who were blind. ²² So he replied to the messengers, "Go back and report to John what you have seen and heard: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. ²³ Blessed is anyone who does not stumble on account of me."

Who is our Help and our Hope? Jesus, the One who was to come and will come again!
Would you place your hope in Him this morning?