

Where Does Your Help Come From?

How do you stay positive in these challenging times?

1. Where Does Your Help Come From?

I lift up my eyes to the mountains—
where does my help come from?

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

Psalm 121 :1-2

No Plan B

My help *comes from the LORD,
the Maker of heaven and earth.*
Psalm121 :-2

2. How much of a help is that it really to you?

It all depends...?

My help *comes from the LORD,
the Maker of heaven and earth.*
Psalm121 :-2

3 .What does that help look like and feel like ?

Been renewed in my mind

Guidance

Looking for Anchor for my soul?



“The Lord is my shepherd I shall not want “

TOTALL PROVISION !

So What About You ?

1. Where does **your help** come from?
2. How **much** of a help is it really to you?
3. What does that help **look** like and **feel** like ?
4. How **long** does it last before you need a refill?
5. Is the help **maintaining** you or helping you **grow**

When this pandemic is done and dusted
“**spiritually speaking**”

Will you have **survived** or **thrived**?

Where does **your help** come from?

