

Help!

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Sermon Synopsis

In this moving episode of *World Impact*, Dr. Billy Wilson unpacks the profound power of a simple four-letter prayer: *Help*. He reminds us that Christianity is not a solo journey but a daily dependence on God, our ever-present Helper. Anchored in passages from the Psalms, Hebrews, and the Gospels, the message paints a vivid picture of God as refuge, strength, and deliverer for those who call on Him. Far from weakness, crying out for help is an act of divine wisdom—an acknowledgment of our human limits and God’s limitless grace.

Dr. Wilson outlines three life scenarios where believers most urgently need to ask for God’s help. First, when life’s storms overwhelm us—whether from ambition, failure, or disobedience—God’s grace is near, just as Jesus rescued Peter from sinking and delivered Jonah from the belly of the fish. Second, in the struggles and brokenness of family life, God responds to heartfelt cries, as seen in the Syrophenician woman’s plea and the desperate father who sought Jesus’ healing for his child. Third, when circumstances imprison us—whether emotionally, spiritually, or physically—God hears our groans as He did with Israel in Egypt and breaks chains of bondage with His mighty power.

The sermon also confronts the barriers that keep believers from asking for help—pride, fear of rejection, shame, bitterness, or the belief that we must fix ourselves before approaching God. Dr. Wilson emphasizes that God already knows our struggles and is eager for our honest cry: *Lord, help me*. This posture of humility opens the door for divine mercy, healing, and strength.

Adding a practical dimension, guest voices on the program affirm the importance of receiving help from pastoral care, counseling, and therapy, reminding viewers that God’s healing often flows through community resources as well as through prayer. Breaking stigma around seeking help, they stress the harmony between professional support, spiritual guidance, and Jesus’ miraculous touch.

The episode closes with a heartfelt invitation to abandon self-reliance and lean into God's sustaining grace. Whether drowning in life's storms, burdened by family struggles, or trapped by circumstances, every believer is assured that God's help is near and powerful enough to restore, heal, and deliver. This message is a beacon of hope, reminding viewers that the Maker of heaven and earth is still the Helper who responds to even the simplest prayer of faith.

Scripture Verses

Psalm 109:26

Help me, Lord my God; save me according to your unfailing love.

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

Psalm 121:1-2

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.

Hebrews 13:6

So we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?'

Jonah 2:1-2

From inside the fish Jonah prayed to the Lord his God. He said: 'In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry.'

Matthew 15:22-28

A Canaanite woman from that vicinity came to him, crying out, 'Lord, Son of David, have mercy on me! My daughter is demon-possessed and suffering terribly.' Jesus did not answer a word. So his disciples came to him and urged him, 'Send her away, for she keeps crying out after us.' He answered, 'I was sent only to the lost sheep of Israel.' The woman came and knelt before him. 'Lord, help me!' she said. He replied, 'It is not right to take the children's bread and toss it to the dogs.' 'Yes it is, Lord,' she said. 'Even the dogs eat the crumbs that fall from their masters' table.' Then Jesus said to her, 'Woman, you have great faith! Your request is granted.' And her daughter was healed at that moment.

Mark 9:17-24

A man in the crowd answered, 'Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not.' Jesus said, 'You unbelieving generation, how long shall I stay with you? How long shall I put up with you? Bring the boy to me.' So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth. Jesus asked the boy's father, 'How long has he been like this?' 'From childhood,' he answered. 'It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.' 'If you can?' said Jesus. 'Everything is possible for one who believes.' Immediately the boy's father exclaimed, 'I do believe; help me overcome my unbelief!'

Luke 4:38-39

Jesus left the synagogue and went to the home of Simon. Now Simon's mother-in-law was suffering from a high fever, and they asked Jesus to help her. So he bent over her and rebuked the fever, and it left her. She got up at once and began to wait on them.

Exodus 2:23

During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God.

Psalms 107:10-14

Some sat in darkness, in utter darkness, prisoners suffering in iron chains, because they rebelled against God's commands and despised the plans of the Most High. So he subjected them to bitter labor; they stumbled, and there was no one to help. Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.

Job 36:13

The godless in heart harbor resentment; even when he fetters them, they do not cry for help.

Quotes

- "Christianity is not a do-it-yourself project. We're not to try to live the Christian life in our own strength or our own capacity or ability." - Dr. Billy Wilson
- "When you ask for help, you open the doorway to the supernatural, and you create a channel for God's grace to flow into your life simply by asking him for help." - Dr. Billy Wilson
- "Ask God for help when it feels like you're over your head. Jonah cried out for help. God all the time was taking the fish back toward the shore." - Dr. Billy Wilson
- "If you're over your head, things aren't great at home, or you're in a circumstantial prison that you simply can't break free from, ask God for help. It will open the door to the supernatural from God." - Dr. Billy Wilson
- "God wants you to ask him for his help in your life... When you humble yourself and say, 'God, I need help,' you'll open the door to the supernatural, and the living God will come to your rescue." - Dr. Billy Wilson

Bible Study

Objectives

- To understand the profound power of the simple word 'help' in our Christian walk.
- To recognize that God is our ever-present helper and desires us to ask Him for assistance.
- To identify key life situations when we must cry out for God's help: when we are overwhelmed, when our homes are troubled, and when circumstances bind us.
- To overcome barriers such as pride, embarrassment, and resentment that keep us from asking God for help.
- To encourage practical steps of faith, humility, and prayer in opening the door to God's supernatural intervention.

Reading and Reflections

- Psalm 46:1 — 'God is our refuge and strength, an ever-present help in trouble.' Reflect on God as your fortress in times of need.
- Psalm 121:1-2 — '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.' Consider where your hope currently rests.
- Hebrews 13:6 — 'So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"' Contemplate the confidence that trusting God brings.
- Jonah 2:1-2 — Jonah, swallowed by the fish, cries out, 'In my distress I called to the Lord, and he answered me.' Ponder how even in deepest distress, God hears our cries.
- Psalm 107:10-14 — The Lord sets prisoners free when they call to Him in trouble. Reflect on any 'chains' in your life that need divine breaking.
- Exodus 2:23 — God heard the cries of the Israelites in bondage. Meditate on God's faithfulness to hear and respond to our prayers for deliverance.

Key Observations

- God is not a distant deity but an ever-present helper who longs for us to seek His aid.
- Asking for help is not a sign of weakness but a gateway to supernatural empowerment.
- There are three crucial moments to seek God's help: when overwhelmed, when family life is troubled, and when circumstances imprison us.
- Pride, fear of rejection, embarrassment, and resentment can prevent us from asking for help, even from God.
- Prayer is a conversation with God, requiring no formal language, just honesty and humility.
- God uses our cries for help to reveal His power, heal our situations, and deliver us from bondage.
- Seeking help includes not only prayer but also practical resources like pastoral counseling and professional help integrated with faith.

Personal Reflections

- Recall a moment when you felt overwhelmed and whether you turned to God for help or tried to face it alone.
- Consider areas of your home or family life where you need God's intervention and how you have or have not invited His help.
- Evaluate current circumstances that feel like prisons or chains binding you — do you cry out to God from those places?
- Examine any pride or resentment in your heart that may keep you from humbling yourself to ask God for help.
- Reflect on your understanding of prayer—do you approach it as an open conversation with God?
- Think about how you respond emotionally when facing difficulty—do you believe God is ready and able to help you immediately?
- Acknowledge any habits of self-reliance that need to give way to reliance on God as your helper.

Lessons for Daily Life

- Recognize that no Christian life is meant to be lived solo; God's help is essential and always available.
- Learn to say 'Lord, help me' with humility and faith, regardless of the size of the problem.
- Be honest with God about your struggles, failures, and fears; He already knows and waits to help.
- Break down walls of pride and embarrassment that keep you isolated from God and others.
- Understand that seeking help, including professional and pastoral counseling, is an act of wisdom and faith.
- Embrace vulnerability as a doorway to God's grace and breakthrough.
- Encourage and support others to seek God's help and practical resources, fostering community healing.

Practical Applications

- Start each day with a heartfelt prayer asking God to be your helper in specific situations.
- Identify one family or home challenge and intentionally invite God's help.
- If you feel trapped in any area—addiction, financial difficulty, emotional pain—write down your cry for help and pray over it daily.
- Seek out a trusted pastor, counselor, or mentor and initiate a conversation about your need for help.
- Practice vulnerability by sharing one struggle with a fellow believer to receive support.
- Commit to breaking any negative thought patterns of pride or self-sufficiency by replacing them with scriptures about God's help.

- Memorize and meditate on Psalm 46:1 and Hebrews 13:6

Challenges for the Week

- Each time you face difficulty or anxiety, pause and say aloud, 'Lord, help me.'
- Identify a personal area where pride or fear has kept you from asking for help and surrender it to God.
- Reach out to someone—pastor, counselor, or mature believer—and share your need for prayer and guidance.
- Offer to pray for someone else struggling, encouraging them to also ask God for help.
- Replace self-reliant thoughts with daily affirmations about God's readiness to help (e.g., 'God is my helper; I will not fear').
- Evaluate how often you pray and whether you bring your burdens honestly before God; increase your openness this week.
- Reflect nightly on God's interventions during the day, giving Him thanks for the help received.

Further Study

- Study the story of Peter walking on water in Matthew 14:22-33 to explore faith and doubt in asking for help.
- Examine the book of Psalms, focusing on prayers for help and deliverance (e.g., Psalms 34, 70, 107).
- Read the account of Elijah's cry to God in 1 Kings 19, realizing God strengthens and helps those overwhelmed.
- Investigate biblical examples of humility as the key to receiving God's grace (James 4:6, 1 Peter 5:6).
- Look closely at the role of the Holy Spirit as helper in John 14:15-27 and Romans 8:26-27.
- Explore biblical teachings on bitterness and resentment in Hebrews 12:14-15 and their effect on our walk with God.
- Consider the balance of prayer and action by studying Nehemiah's example of praying and rebuilding.

Closing Prayer

Heavenly Father, Almighty God and ever-present Helper, I come before You with a humble heart, recognizing my need for Your divine assistance. Forgive me for times when pride, fear, or resentment have kept me from crying out to You. Today, I open my life fully to You, asking for Your supernatural help in every area where I am overwhelmed, hurting, or held captive by circumstances. Teach me to pray as a child speaks to a loving Father; help me to trust You completely and rely on Your strength rather than my own. Fill me with faith to say, 'Lord, help me,' boldly and without hesitation. Lead me into the freedom and victory You have prepared for me. Use me to encourage others to seek Your help too. In Jesus' powerful name, I pray. Amen.

Daily Devotionals

Day 1

Scripture Verse

Psalms 121:1-2 (NIV): "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."

Reflection

Have you ever found yourself so overwhelmed that it felt as if you were drowning in your own troubles? Maybe it's a new challenge you've taken on, a mistake from which you can't seem to recover, or a season where the burdens of life have piled too high. In the powerful night scene on the Sea of Galilee, Peter walked on water toward Jesus but began to sink as fear overtook him. His cry, "Lord, save me!" is a timeless call for help that resonates deeply with us all. God designed us not to navigate life alone. Like Peter, we often try to do it on our own, but when the storms overwhelm us, God invites us to call out for His help. Remember Jonah, trapped in the depths of the Mediterranean Sea, engulfed in the belly of a fish, pleading to God in his distress? God heard Jonah's cry and delivered him. This shows that no matter how far you have sunk or how deep your despair, God is ready to hear you and reach down to save you. Holding onto pride or trying to be self-sufficient might seem noble, but when the waves rise high, humility is the key to opening the door to divine rescue. Saying "Help me, Lord" doesn't make you weak; it shows trust and a willingness to rely on God's overwhelming power rather than your limited strength. Reflect on areas in your life where you feel over your head. Today, invite God into that storm. Picture Jesus reaching out His hand into the tempest of your life, ready to pull you up and restore your peace. We often forget that God's help is not just a lofty concept but an ever-present reality, a shield and protector in our times of trouble. Perhaps right now you need to humble yourself and ask Him "Help me," and as you do, you will experience the peace that surpasses all understanding. Remember: your help comes from the Lord, the Maker of heaven and earth, the One who crafted the mountains and calms the seas.

Prayer

Lord, I lift my eyes to You today. When I am overwhelmed and sinking, remind me to cry out to You for help. Rescue me from the storms, and give me courage to rely on Your strength. Teach me humility to ask for Your help daily. Amen.

Day 2

Scripture Verse

Matthew 15:25-28 (NIV): "The woman came and knelt before him. 'Lord, help me!' she said. He replied, 'It is not right to take the children's bread and toss it to the dogs.' 'Yes it is, Lord,' she said. 'Even the dogs eat the crumbs that fall from their master's table.' Then Jesus said to her, 'Woman, you have great faith! Your request is granted.' And her daughter was healed at that moment."

Reflection

Every home faces struggles; it's a universal truth. No family is exempt from challenges—be it broken relationships, illness, financial difficulty, or emotional pain. Sometimes, we carry these burdens quietly, afraid to admit we need help even from the Lord. This passage from Matthew reminds us that persistent faith and humility in asking for help bring powerful results. The Syrophenician woman was not of Israel, and yet she boldly approached Jesus, pleading with a heart that refused to let rejection silence her. Despite initial resistance, her faith and honesty earned her the supernatural intervention she desperately sought. Similarly, there are moments when problems at home or within family relationships seem to threaten to consume us. Whether it's a wayward child, a spouse struggling, or sickness in the household, these situations require us to turn to Jesus and say, "Lord, help me." This act of faith changes the atmosphere; it invites heaven's intervention and healing to your home. Think about a friend or family member who needed help but was too afraid or proud to ask. Maybe even you have hesitated, feeling embarrassed or ashamed, thinking that God might not want to get involved in what seems like "your mess." Yet, Scripture assures us that God's heart is filled with compassion and that no problem is too small or too great for Him. Remember Peter's mother-in-law, healed from fever by Jesus, who immediately got up to serve. When God touches your home through your cry for help, it leads to restoration and renewed strength—transforming despair into service, brokenness into purpose. Let today be the day you open the door for God's healing power in your family.

Prayer

Jesus, today I come before You with the struggles of my home. I ask with faith and humility, 'Lord, help me.' Heal our hurts, restore our peace, and bring Your supernatural grace to every corner of my family. Amen.

Day 3

Scripture Verse

Psalm 107:13-14 (NIV): "Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains."

Reflection

Have you ever felt trapped in a circumstance that seems impossible to escape? Maybe you feel like your life is confined by walls of addiction, financial difficulty, emotional bondage, or health struggles. Like the Israelites in Egypt, who were enslaved and groaned to God, sometimes life places us in prisons we cannot break free from alone. Psalm 107 paints a vivid picture of those sitting in darkness, bound by iron chains because of rebellious choices, estrangement, or the natural consequences of living in a broken world. Yet the heart of this Psalm is hope: in the midst of their distress, these prisoners cried out to God—and He responded with salvation. When you find yourself in a place where human help has failed or is insufficient, God's hand is still reaching down to you. His power to break the chains—of sin, despair, bondage, or fear—is unmatched. However, sometimes we hold back from asking God for help. Maybe we think we should manage alone, or pride whispers that admitting weakness is a failure. Maybe bitterness or resentment against God or others has hardened our hearts. Yet these are strongholds we must overcome if we want to experience the freedom God offers. True freedom comes when we humble ourselves, confess our need, and say, "Lord, help me." This simple yet powerful prayer invites God's supernatural intervention. I encourage you to bring your burdens to the Lord now. Cry out, knowing that He always hears and is faithful to save those who call on Him in truth. Just as God sent Moses to lead Israel out of Egypt, He will raise up helpers, open doors, and illuminate your path out of bondage. He is waiting for you to ask. Let this truth transform your despair into hopeful courage today.

Prayer

Lord, I am in need of Your deliverance. Break the chains that bind me and my circumstances. I cry out to You for help and believe You will bring me out of darkness into Your glorious light. Amen.

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