



RCCG OCEANIA

Faith & Trust

God Our Help in Trouble

At a Glance

BIG IDEA

Trouble exposes what we truly trust. Scripture invites us to stop searching for "vain" help and to anchor our confidence in the God for whom nothing is too hard. As we obey His word and bring Him what we have, He proves Himself a present help and faithful provider.

PRIMARY PASSAGES

Psalm 46

Psalms 60:11

Jeremiah 32:27

2 Kings 4:1-7

Joshua 6:26

Jeremiah 32:7

Key Takeaways

- God is “refuge and strength... a very present help in trouble” (Psalm 46).
- Human help can be real but ultimately limited—Scripture calls it “vain” compared with God’s help (Psalms 60:11).
- God’s power has no ceiling: “nothing is too hard” for Him (Jeremiah 32:27).
- God often supplies through obedient steps with what is already in hand (2 Kings 4:1-7).
- God’s word sets boundaries; ignoring divine warnings can carry consequences (Joshua 6:26).

Introduction

Crisis has a way of revealing where confidence has been placed. Scripture repeatedly invites God’s people to make a deliberate turn: away from anxious striving and ultimate dependence on human strength, and toward God as refuge and help in trouble. Trust is not passive; it expresses itself through prayerful confidence in God’s power, and through obedience to God’s word—often with ordinary resources already in hand. This study traces a simple biblical pathway: run to God, reject “vain” reliance on man, remember that nothing is too hard for God, obey His instruction as He provides, and honor His boundaries and warnings.

Scripture Reading

- **Psalm 46** — A psalm of confident worship declaring God as refuge, strength, and a very present help in trouble, even when the earth and nations seem to shake.
- **Psalms 60:11** — A prayer that contrasts God’s deliverance with human help, stating that “vain is the help of man,” and urging dependence on God.
- **Jeremiah 32:27** — God’s own declaration of His unlimited power over “all flesh,” confronting doubt with the truth that nothing is too hard for Him.
- **2 Kings 4:1-7** — A widow in crisis seeks help; through prophetic instruction and obedient action with the little she has, God multiplies oil to provide and relieve debt.
- **Jeremiah 32:7** — A specific directive about a purchase is announced in advance, highlighting responsiveness to God-directed actions in a complex situation.

Scripture Reading (cont.)

- **Joshua 6:26** — A solemn warning connected to rebuilding what God has forbidden, underscoring the seriousness of God's word and the cost of disregarding it.

Key Points

1. Run to God as Refuge — Psalm 46 begins with God's character before it describes the crisis: God is "refuge and strength" and "a very present help in trouble." The first biblical move in shaking circumstances is not to pretend trouble is small, but to place the heart somewhere secure. Refuge is more than a concept; it is a place of trust. When life feels unstable, Psalm 46 trains God's people to interpret events through God's nearness and strength rather than through fear. This does not deny the reality of loss, pressure, or uncertainty. It sets a priority: when trouble rises, run first to God—seeking His presence, stability, and strength as the foundation for every next step.

- Name the trouble honestly before God in prayer, asking Him to be your refuge and strength.
- When anxiety rises, pause and intentionally re-center on God's nearness as "a very present help in trouble."
- Replace panic-driven decisions with a short practice of worship or Scripture reading from Psalm 46 before acting.
- Identify one area where fear is shaping choices, and submit that area to God as your refuge.

Scripture: Psalm 46

Key Points (cont.)

2. Reject “Vain” Reliance on Man — Psalms 60:11 speaks plainly: “vain is the help of man.”

Human support can be meaningful, but it is limited. The danger in crisis is treating human strength, human strategy, or human approval as ultimate. This call is not anti-wisdom or anti-community. It is a re-ordering of dependence: seek God first and most. Let prayer and trust in God’s deliverance lead, and let any human help remain secondary and submitted to God. Psalm 46 reinforces this priority by anchoring confidence in who God is—refuge, strength, and help in trouble—rather than in unstable circumstances or the strength of others.

- Ask: Where am I treating human help as ultimate rather than seeking God first?
- Pray Psalms 60:11 directly, confessing misplaced dependence and asking God for deliverance.
- If seeking counsel or assistance, do so with prayerful humility, refusing to make people your refuge.
- Limit crisis-driven “scrambling” by setting a first-response habit: pray before contacting others for help.

Scripture: Psalms 60:11

Psalm 46

3. Remember: Nothing Is Too Hard — Jeremiah 32:27 establishes a decisive frame for faith:

God is the God of all flesh, and nothing is too hard for Him. Trouble often magnifies the problem until it feels final; this verse magnifies God’s power until despair is challenged. Trust grows when God’s ability—not the size of the crisis—sets the boundaries of prayer and obedience. Psalm 46 similarly portrays God as present and powerful in the middle of shaking realities. Remembering that nothing is too hard does not guarantee an easy path. It does anchor the heart in God’s capacity to act, sustain, and accomplish what His people cannot do by their own strength.

- When overwhelmed, speak Jeremiah 32:27 aloud as a confession of God’s power.
- Write down the “impossible” parts of your situation and bring them to God in prayer without minimizing them.
- Refuse despair-based statements; replace them with truth-based prayer that honors God’s power.
- Take one obedient step that aligns with trust in God’s ability rather than fear of outcomes.

Scripture: Jeremiah 32:27

Psalm 46

Key Points (cont.)

4. Obey and Watch God Provide — In 2 Kings 4:1-7, a widow faces urgent need and limited resources. She brings the situation honestly, and the instruction she receives requires obedience—gathering vessels, pouring, and continuing until the vessels are full. God’s provision comes through what is already in hand: a small amount of oil. The story emphasizes that God can multiply what seems insufficient when His people act in obedient faith. Provision here is practical and purposeful: the multiplied oil addresses real need. The passage invites a posture of trust that moves from prayer to obedient action, expecting God to provide as He directs.

- Bring your need honestly to God, naming both the problem and what you currently have.
- Practice obedience in the “small” instruction in front of you, trusting God with what you cannot control.
- Look for ways God may use ordinary resources (time, skills, possessions) as part of His provision.
- After God provides, steward the provision responsibly toward the needs it is meant to address.

Scripture: 2 Kings 4:1-7

5. Honor God’s Boundaries and Warnings — Joshua 6:26 warns that rebuilding what God has forbidden can be costly. God’s word is not merely advice; it carries authority, and warnings are acts of mercy meant to keep His people from harm. Jeremiah 32:7 highlights another dimension: God may also give specific direction in complex circumstances. Wisdom is to treat God’s word with reverence—receiving both His boundaries and His instructions. Together, these passages call for obedience that is careful and God-centered. In trouble, it is tempting to “rebuild” old patterns, return to forbidden pursuits, or force outcomes. Scripture calls God’s people to submit choices to God’s word and trust Him with the results.

- Identify any pattern you are tempted to “rebuild” that conflicts with God’s word, and choose obedience instead.
- When facing a complicated decision, seek clarity by weighing your next step against God’s word and warnings.
- Practice reverent caution: do not rush into actions that contradict God’s boundaries just to relieve pressure.
- Pray for a willing heart to obey God’s instructions even when the situation feels uncertain.

Scripture: Joshua 6:26 Jeremiah 32:7

Group Discussion

Tip: Use these questions to guide the group from seeing → understanding → applying.

Observation

- In Psalm 46, what names and descriptions are given to God, and what kinds of trouble are described?
- What does Psalms 60:11 say about human help, and what does it ask God to do?
- What exact claim does Jeremiah 32:27 make about God's power and His relationship to "all flesh"?
- In 2 Kings 4:1-7, what does the widow have, what instructions are given, and what is the sequence of obedient actions?
- What warning is spoken in Joshua 6:26, and what does Jeremiah 32:7 show about God giving specific direction?

Interpretation

- How does calling God "refuge" and "very present help in trouble" shape the way believers respond to crisis?
- Why might Scripture call human help "vain," and how can that be true even when people genuinely assist?
- How does "nothing is too hard" confront common forms of despair, fear, or fatalism in trouble?
- What does 2 Kings 4:1-7 teach about the relationship between obedience and provision?
- What do Joshua 6:26 and Jeremiah 32:7 together teach about obedience—both avoiding forbidden rebuilding and responding to God's direction?

Application

- When trouble arises, what is your typical first refuge (thoughts, actions, people)? What would it look like to run to God first?
- Where might you be tempted to treat human help as ultimate? What practical changes would re-order your dependence toward God?
- What “too hard” situation are you facing? How can Jeremiah 32:27 reshape your prayer and expectations of God’s power?
- What do you have “in the house” (resources, opportunities, responsibilities) that you can bring to God in obedient faith?
- Is there anything you are trying to rebuild that God has warned against? What step of obedience can you take to honor God’s boundaries?

Prayer Focus

- Lord, be my refuge and strength; help me run to You first in trouble.
- Forgive me for trusting human strength as ultimate; teach me to rely on You above all.
- Increase my faith that nothing is too hard for You, and reshape my prayers accordingly.
- Give me a willing heart to obey Your word and steward Your provision faithfully.

Next Step

Choose one current area of trouble and respond by praying through Psalm 46, then take one clear step of obedience aligned with God’s word instead of relying on human strength.

Conclusion

Trouble reveals trust, but Scripture provides a clear path forward: run to God as refuge and help in trouble, refuse to make human strength ultimate, remember that nothing is too hard for God, and take obedient steps as He provides. In both warnings and instructions, God’s word guides safe and faithful decisions. As trust deepens and obedience follows, God is shown to ...

Conclusion (cont.)

be present, powerful, and faithful in the midst of crisis.

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Adapted from Pastor E.A Adeboye's teachings: <https://www.youtube.com/watch?v=QIxBePrh2PE>