

STUDY NOTES & VERSES

THE LORD IS

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This is about our relationship with Him not only His actions on our behalf, what God is to us determines what He does for us.

We are not trying to get God to do, we are learning to understand what He is to us and walk fully in that blessing.

The character of God is an embodiment of purity, goodness, truth, wisdom, love.

The lord is my light

1. Goodness ; Blessing; God does good

James 1:17

17 Every generous act and every perfect gift is from above, coming down from the Father of lights; with Him there is no variation or shadow cast by turning.

2. His holy presence is with me; empowers me to walk in holiness

James 1:17-18

*17 Every generous act and every perfect gift is from above, coming down from the Father of lights; with Him **there is no variation or shadow cast by turning.** 18 By His own choice, He gave us a new birth by the message of truth[a] so that we would be the firstfruits of His creatures.*

1 John 1:5

5 Now this is the message we have heard from Him and declare to you: God is light, and there is absolutely no darkness in Him. 6 If we say, “We have fellowship with Him,” yet we walk in darkness, we are lying and are not practicing[c] the truth. 7 But if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from

all sin. 8 If we say, “We have no sin,” we are deceiving ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say, “We don’t have any sin,” we make Him a liar, and His word is not in us.

2 My little children, I am writing you these things so that you may not sin. But if anyone does sin, we have an advocate with the Father—Jesus Christ the Righteous One. 2 He Himself is the propitiation for our sins, and not only for ours, but also for those of the whole world.

Philippians 2:15 Holman Christian Standard Bible

15 so that you may be blameless and pure, children of God who are faultless in a crooked and perverted generation, among whom you shine like stars in the world.

3. Clarity, elimination of darkness

- o Uncertainty, confusion, doubt, worry, anxiety are removed
- o Evil is removed

John 8:12 Holman Christian Standard Bible

12 Then Jesus spoke to them again: “I am the light of the world. Anyone who follows Me will never walk in the darkness but will have the light of life.”

Ephesians 5:8-10 Holman Christian Standard Bible

8 For you were once darkness, but now you are light in the Lord. Walk as children of light— 9 for the fruit of the

*light[a] results in all goodness, righteousness, and truth—
10 discerning what is pleasing to the Lord.*

Proverbs 4:18 Holman Christian Standard Bible

*18 The path of the righteous is like the light of dawn,
shining brighter and brighter until midday.*

4. Direction, instruction

Psalm 119:105 HCSB

*105 Your word is a lamp for my feet and a light on my
path.*

Isaiah 42

I will lead the blind by a way they did not know;

I will guide them on paths they have not known.

I will turn darkness to light in front of them

and rough places into level ground.

This is what I will do for them, and I will not forsake them.

17 They will be turned back and utterly ashamed—

those who trust in idols and say to metal-plated images:

You are our gods!

5. Insight, revelation –

Psalm 119:130 HCSB

*130 The revelation of Your words brings light
and gives understanding to the inexperienced.*

6. Joy, peace

Psalm 18:29 TLB

*You have turned on my light! The Lord my God has made
my darkness turn to light.*

Psalm 18:29 HCSB

Lord, You light my lamp; my God illuminates my darkness.

7. Light and Sons of light

John 12:36 Holman Christian Standard Bible

36 While you have the light, believe in the light so that you may become sons of light.” Jesus said this, then went away and hid from them.

Ephesians 5:8-10 Holman Christian Standard Bible

8 For you were once darkness, but now you are light in the Lord. Walk as children of light— 9 for the fruit of the light[a] results in all goodness, righteousness, and truth— 10 discerning what is pleasing to the Lord.

1 Thessalonians 5:5 Holman Christian Standard Bible

5 For you are all sons of light and sons of the day. We do not belong to the night or the darkness.

The Lord is my salvation

One of the things that make the Gospel of John so powerful are the representations of the Person of Christ. We see Him revealing Himself.

He came to reconcile us to the Father, grant us relationship with a Person not simply a system for obtaining help. Help comes from Him, and is encapsulated in our revelation of Him.

The Lord is...

What is the Lord to you?

The essential attributes of God must be reality to us to have a strong relationship with Him. He cannot be this nebulous entity we pray to.

Our faith cannot be purely sentimental and based on a touch or an experience, it must be founded on a knowledge and reality of God via His attributes which we then apply to our lives.

The Lord is my salvation.

He is not just salvation, He is my salvation!

What is salvation?

- Yesha – liberty, deliverance, safety, salvation

1. Implication

- 1) Recognition that I am not self-sufficient.
- 2) Awareness that there are hostile forces, that danger lurks, challenges abound.

Psalm 23:4 HCSB

Though I walk through the valley of the shadow of death, I will fear no evil

Psalm 138:7 HCSB

7 If I walk into the thick of danger, You will preserve my life from the anger of my enemies. You will extend Your hand; Your right hand will save me

John 16:33 Holman Christian Standard Bible

*33 I have told you these things so that in Me you may have peace. **You will have suffering in this world.** Be courageous! I have conquered the world."*

3) We need help and God furnishes that help

Psalm 121

I lift my eyes toward the mountains. Where will my help come from? 2 My help comes from the Lord, the Maker of heaven and earth.

4) That is the nature of God. – rescuer, deliverer. God changes things and saves me

Isaiah 12:2

Indeed, God is my salvation; I will trust Him and not be afraid, for Yah, the LORD, is my strength and my song. He has become my salvation."

2. Types of salvation

1) FROM PHYSICAL DANGER

- a. David
- b. You – kidnappers, armed robbers, hired assassins, witchcraft attack,
- c. Unpremeditated occurrences – accidents, etc

2) FROM MENTAL DANGER

- d. Deliverance from torment, mental and emotional turmoil

Psalm 22:24

For He has not despised or detested the torment of the afflicted. He did not hide His face from him but listened when he cried to Him for help.

Isaiah 14:3

When the Lord gives you rest from your pain, torment, and the hard labor you were forced to do you will sing this song of contempt about the king of Babylon and say: How the oppressor has quieted down, and how the raging has become quiet!

3) FROM SOCIAL DANGER

- e. Shame, humiliation and disgrace

4) SPIRITUAL DANGER

- f. Attacks by evil spirits
- g. Divine protection in the blood of Jesus

Revelation 12:11

They conquered him by the blood of the lamb

5) MOTHER OF ALL DANGERS

- h. Perdition – Jesus, He will save His people from their sins.

Romans 10:9-10

9 If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved. 10 One believes with the heart, resulting

*in righteousness, and one confesses with the mouth,
resulting in salvation.*

3. Consequence

- 1) I shall not fear,
- 2) No one can impose darkness on me.
- 3) He delivers me from hell and its minions
- 4) I am independent of wickedness

4. What to do?

Call on Him today to reveal Himself as the Lord my salvation

Praise and thank Him.

Psalm 50:23

“He who offers a sacrifice of thanksgiving honors Me;

And to him who orders his way aright

I shall show the salvation of God.”

The Lord is my strength

I. Definition

- Fortified place
- Defence, force, rock, strength, stronghold

Also note, the personal pronoun – my. This is not only theological, it is appropriated and experiential.

Exodus 15:2

*“The Lord is my strength and song, And He has become
my salvation;*

*This is my God, and I will praise Him; My father’s God,
and I will extol Him.*

II. Implication

1) AUTHOR

Every strength in me comes from Him.

- He is my source of fortitude,
- I recognise my dependence on Him.
- Without Him, I will not make it but with Him, I will.

So the possibilities are huge.

2) SUSTAINER

- a. Because of Him I am not crushed and beaten down
- b. Not overwhelmed by the afflictions of life

Isaiah 43:2 HCSB

*2 I will be with you when you pass through the waters, and
when you pass through the rivers, they will not overwhelm
you. You will not be scorched when you walk through the
fire, and the flame will not burn you.*

Isaiah 43:4 Holman Christian Standard Bible

4 Because you are precious in My sight

and honored, and I love you,

I will give people in exchange for you

and nations instead of your life

c. Gives courage in adversity

When evil men, though a host

d. Strengthens my heart

Psalm 29:11 Amplified Bible

*The Lord will give [unyielding and impenetrable] strength
to His people; The Lord will bless His people with peace.*

3) KEEPER, DEFENCE, REFUGE

a. Protector

b. Refuge

Psalm 37:39 Amplified

But the salvation of the righteous is from the Lord;

He is their refuge and stronghold in the time of trouble.

c. Security

*I will be with him in trouble because he knows and
understands my name*

Exodus 15:1-3

*I will sing to the LORD,
for He is highly exalted;
He has thrown the horse
and its rider into the sea.*

² *The LORD is my strength and my song;^a
He has become my salvation.
This is my God, and I will praise Him,
my father's God, and I will exalt Him.*

³ *The LORD is a warrior;
Yahweh is His name.*

4) NOURISHER

- d. Restorer
- e. Feeds
- f. Replenishes
- g. Reinvigorates
- h. Fortifies me

Without Him, my life ceases to be, I cease to thrive.

III. Consequence

1. Joy

Psalm 28:7

*The Lord is my strength and my shield;
My heart trusts in Him, and I am helped;
Therefore my heart exults,
And with my song I shall thank Him.*

2. Confidence in adversity
3. Fearlessness
4. Victory over enemies
5. Faith

Habakkuk 3:16-19

*16 I heard and my heart pounded,
my lips quivered at the sound;
decay crept into my bones,
and my legs trembled.*

*Yet I will wait patiently for the day of calamity
to come on the nation invading us.*

*17 Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,*

*18 yet I will rejoice in the Lord,
I will be joyful in God my Savior.*

*19 The Sovereign Lord is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.*

Conclusion

Hebrews 13:5

I will never leave you nor forsake

It is not just about saying ‘Lord, be with me in trouble’, it is about sustaining a relationship with the Lord where you are conscious of the role He plays in your life and allow Him to play it.

The Lord is a gift

The Lord has given Himself to His people.

That we can say ‘the Lord is my’ is because He has made Himself known and available to His creature.

He can “be” without being mine.

- Perfection, goodness, purity, life, protection, salvation, strength

Psalm 28:7

The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him.

What an immensely beneficial relationship! We can give ourselves to Him because He first gave Himself to us.

He made us.

Psalm 144 3

Lord, what is man, that You care for him, the son of man, that You think of him? 4 Man is like a breath; his days are like a passing shadow.

Psalm 8:3-6 Holman Christian Standard Bible

3 When I observe Your heavens, the work of Your fingers, the moon and the stars, which You set in place, 4 what is man that You remember him, the son of man that You look after him? 5 You made him little less than God[a][b] and crowned him with glory and honor. 6 You made him lord over the works of Your hands; You put everything under his feet:[c].

He chose us.

He chose Israel in a way He did not chose the other peoples. It is a privilege.

The coming of Christ

The coming of Christ is the gift of sweet fellowship. Friendship, communion and intimacy are wonderful and necessary for the human soul.

Separation from God is broken fellowship. But in Christ that separation is ended. God offers intimacy to every person in Christ.

John 14:21-23 Holman Christian Standard Bible

²¹The one who has My commands and keeps them is the one who loves Me. And the one who loves Me will be loved by My Father. I also will love him and will reveal Myself to him.”²²Judas (not Iscariot) said to Him, “Lord, how is it You’re going to reveal Yourself to us and not to the world?”²³Jesus answered, “If anyone loves Me, he will keep My word. My Father will love him, and We will come to him and make Our home with him.

The yearning for sweet fellowship

1) ONE THING

One thing – unicity of vision

John 17:3 Holman Christian Standard Bible

3 This is eternal life: that they may know You, the only true God, and the One You have sent—Jesus Christ.

Colossians 1

9 For this reason also, since the day we heard this, we haven’t stopped praying for you. We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding,[e] 10 so that you may walk

worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God.

What is your one thing?

Of the Lord

- My source and substance is God
- If your desire cannot be satisfied by God or in God, it is a wrong desire.

Appetite for His Person

The natural consequence of revelation is increased hunger for God. As we taste and see that the Lord is good, our appetite for His Person and His presence increases.

DWELL IN THE HOUSE OF THE LORD To meditate, consider and inquire

- Cry for intimacy and a life of worship
- Total devotion to God,
- I want my life to be lived before Him and for Him

Pull towards Him and Delight in His company

He is drawn to God and the things of God. Our delight in His company becomes real. We are comfortable with and in Him.

He is a happy man who is consumed with a desire for God. Prayer is no longer a thing we are compelled to do, advised to do, mandated to do, it becomes a thing we long to do.

Experience of fellowship

2 Corinthians 13:13

Holman Christian Standard Bible

13 The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with all of you.

John 1:3 Holman Christian Standard Bible

3 what we have seen and heard we also declare to you, so that you may have fellowship along with us; and indeed our fellowship is with the Father and with His Son Jesus Christ.

We have been brought into the family, granted access. The door of intimacy is open, let's go in.

We are as close to God as we have wanted and sought to be.

Belonging

There is a sense of finally finding my place, where I belong.

fellowship with and knowledge of God

- To serve God
- To lead people to God
- To please God
- To satisfy His purpose
- To honour God in my generation
- To be free of sin
- To be free of sickness so I can serve Him fully

Assurance of fidelity

Our assurance of the beneficial nature of such an abiding is firm.

Consciousness of His faithfulness towards those who seek Him first.

1 Corinthians 1:9

Holman Christian Standard Bible

⁹ God is faithful; you were called by Him into fellowship with His Son, Jesus Christ our Lord.

The lord is my helper

Psalm 27

The Lord is my light and my salvation— whom should I fear?

The Lord is the stronghold of my life— of whom should I be afraid?

2 When evildoers came against me to devour my flesh, my foes and my enemies stumbled and fell. 3 Though an army deploys against me, my heart is not afraid; though a war breaks out against me, still I am confident.

4 I have asked one thing from the Lord; it is what I desire: to dwell in the house of the Lord all the days of my life, gazing on the beauty of the Lord and seeking Him in His temple.

**5 For He will conceal me in His shelter
in the day of adversity; He will hide me under the
cover of His tent; He will set me high on a rock.**

**6 Then my head will be high above my enemies
around me; I will offer sacrifices in His tent with
shouts of joy. I will sing and make music to the Lord.**

7 Lord, hear my voice when I call; be gracious to me and answer me. 8 My heart says this about You, “You[a] are to seek My face.” Lord, I will seek Your face. 9 Do not hide Your face from me; do not turn Your servant away in anger. You have been my helper; do not leave me or abandon me, God of my salvation.

*10 Even if my father and mother abandon me,
the Lord cares for me. 11 Because of my adversaries,
show me Your way, Lord, and lead me on a level path.*

*12 Do not give me over to the will of my foes,
for false witnesses rise up against me,
breathing violence.*

13 I am certain that I will see the Lord’s goodness in the land of the living. 14 Wait for the Lord; be strong[b] and courageous. Wait for the Lord.

- Enjoys the light, goodness, blessing, guidance, presence, revelation, joy, wisdom of God
- Enjoys keeping, defence, protection; deliverance from danger, eternal damnation
- Enjoys victory over enemies
- Enjoys intimacy with God

Divine concealment

*For He will conceal me in His shelter
 in the day of adversity;
 He will hide me under the cover of His tent;
 He will set me high on a rock.
 6 Then my head will be high
 above my enemies around me;
 I will offer sacrifices in His tent with shouts of joy.
 I will sing and make music to the LORD.*

Unexpected twist here as he connects intimacy, worship, surrender with protection. I hide myself in Him and He conceals me from adversity.

1) EXPLAIN THE DAY OF ADVERSITY

We live in a fallen world

David knew trouble; did good and suffered persecution; ran for his life for years just because he was called; suffered at the hands of his own children

Give example -

- Life is troublesome and challenge full. You must have the confidence that trouble comes he will help you

*Because of my adversaries, show me Your way, Lord,
 and lead me on a level path.*

**12 Do not give me over to the will of my foes, for false
 witnesses rise up against me, breathing violence.**

An army against me; enemies devour my flesh

1 Samuel 17:44-46 Holman Christian Standard Bible

44 “Come here,” the Philistine called to David, “and I’ll give your flesh to the birds of the sky and the wild beasts!”
 45 David said to the Philistine: “You come against me with a dagger, spear, and sword, but I come against you in the name of Yahweh of Hosts, the God of Israel’s armies—you have defied Him. 46 Today, the Lord will hand you over to me. Today, I’ll strike you down, cut your head off, and give the corpses[a] of the Philistine camp to the birds of the sky and the creatures of the earth. Then all the world will know that Israel has a God,

2) SUFFERING AND THE EVIL DAY

John 16:33 Holman Christian Standard Bible

33 I have told you these things so that in Me you may have peace. **You will have suffering in this world. Be courageous!** I have conquered the world.”...

- 1) Suffering comes, but in Christ we have peace.
- 2) David suffered so much, he wanted to remain with God. Challenges of life should make us relativise the pleasures of existence and divorce us from the love of the world. They should make us value the faithfulness and unchangeability of God. This world is not reliable, people are not reliable. God only is.

Ex coronavirus

Paul too understood

Philippians 1:21 Holman Christian Standard Bible

21 For me, living is Christ and dying is gain.

- 3) As we go forth to serve the Lord and preach the gospel, people's hackles will rise. An unbelieving generation will lampoon and pursue us.
- 4) We need that old fashioned toughness, coupled with faith in God; ruggedity

2 Timothy 2:3-5 Holman Christian Standard Bible

3 Share in suffering as a good soldier of Christ Jesus. 4 No one serving as a soldier gets entangled in the concerns of civilian life; he seeks to please the recruiter. 5 Also, if anyone competes as an athlete, he is not crowned unless he competes according to the rules.

3) THE PROMISE

*He will set me high on a rock.
⁶ Then my head will be high
above my enemies around me;*

4) OUR RESPONSE -

Remember

Surrender

Praise

Seek Him

Seek guidance

Wait and be strong

1) Remember

The Lord is my helper

2) Surrender,
Be a one thing person

Colossians 3 Holman Christian Standard Bible

3 So if you have been raised with the Messiah, seek what is above, where the Messiah is, seated at the right hand of God. 2 Set your minds on what is above, not on what is on the earth.

3) Praise

*I will offer sacrifices in His tent with shouts of joy.
I will sing and make music to the Lord.*

4) Seek Him

*Lord, hear my voice when I call;
be gracious to me and answer me.
8 My heart says this about You,
“You[a] are to seek My face.”
Lord, I will seek Your face.*

Run into His arms, seek Him more, go nearer, get closer; **when trouble comes, seek Him in prayer.** That is the answer, not rebellion.

Some people draw away, draw near!

Psalm 63

*1 God, You are my God; I eagerly seek You.
I thirst for You;
my body faints for You
in a land that is dry, desolate, and without water.*

*2 So I gaze on You in the sanctuary
to see Your strength and Your glory.*

*3 My lips will glorify You
because Your faithful love is better than life.*

*4 So I will praise You as long as I live;
at Your name, I will lift up my hands.*

5 You satisfy me as with rich food;[a]
my mouth will praise You with joyful lips.

6 When I think of You as I lie on my bed,
I meditate on You during the night watches

7 because You are my helper;
I will rejoice in the shadow of Your wings.

8 I follow close to You;
Your right hand holds on to me.

9 But those who seek to destroy my life
will go into the depths of the earth.

10 They will be given over to the power of the sword;
they will become the jackals' prey.

11 But the king will rejoice in God;
all who swear by Him[b] will boast,
for the mouths of liars will be shut.

5) Seek guidance

11 Because of my adversaries, show me Your way, Lord,
and lead me on a level path.

6) Wait and Be strong

14 Wait for the Lord;be strong and courageous. Wait for
the Lord.

The existence of trouble is not the absence of God.

Ephesians 6:10-17

*Finally my brother, be strong; Put on the full armour so
you can stand on the evil day*

There are spiritual forces combatting us as we seek to do the will of God. Evil days will come when we will need to be strong in the Lord and resist.

David faced enemies who wanted to devour his flesh; we have enemies, invisible, vicious and evil who take no prisoners.