



**Sermon Notes**

**Date:** January 11, 2026

**Sermon Series:** *A Long Obedience: Small Steps Toward a Flourishing Life*

**Proclaimer:** Dr. Bob Lee

**Sermon Title:** Part 2 "Help Comes from the Lord"

**Scripture(s) for Sermon:** Psalm 121

**Creative Theme:** When anxiety creeps in, we remember: our help comes not from ourselves, but from the Lord who watches over us.

**Reflection Questions:**

1. When anxiety or uncertainty rises, where am I most tempted to look for help instead of the Lord? \_\_\_\_\_

---

---

2. What past moment in my life could serve as an "Ebenezer" – a reminder that God has already helped me? \_\_\_\_\_

---

---

3. How does knowing that the Lord never sleeps or slumbers change the way I face this coming week? \_\_\_\_\_

---

---

**Monday Prayer:**

Lord God,

You are our help and our keeper,  
the One who watches over our coming and going.

Forgive us for the hills we have trusted instead of You.

Help us remember how You have carried us thus far,  
and teach us to rest in Your faithful care today.  
Amen.