— Review: God repeatedly promises to be NEAR, to HELP and REVIVE the humble and contrite of heart. Humility and faith is the doorway to God's grace and full salvation.

"For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I stay in the high and holy place, With him who has a contrite and humble spirit, To revive the spirit of the humble. And to revive the heart of the contrite ones." - Isaiah 57:15

"But He gives more grace. Therefore He says: "God resists the proud, But gives grace (HELP) to the humble." - James 4:6

"He does not forget the cry of the humble." - Psalm 9:12

The LORD is NEAR to those who have a broken heart, And SAVES (HELPS) such as have a contrite spirit." - Psalm 34:18

"He HEALS the brokenhearted And binds up their wounds." - Psalm 147:3

"But on this one will I look: On him who is poor and of a contrite spirit, And who trembles at My word." - Isaiah 66:2

"Though the LORD is on high, Yet He regards the lowly; But the proud He knows from afar." - **Psalm 138:6** 

"For though the Lord is high, yet has He respects to the lowly [bringing them into fellowship with Him]; but the proud and haughty He knows and recognizes [only] at a distance." - Psalm 138:6 AMP

"Surely He scorns the scornful, But gives grace (HELP) to the humble." - Proverbs 3:34

"Who is like the LORD our God, Who dwells on high, Who humbles Himself to behold The things that are in the heavens and in the earth?" - Psalm 113:5-6

— Asking for HELP is one of the MAIN ways we step into this humility and brokenness of heart that God blesses with His reviving presence and power!

"You do not have because you do not ask." - James 4:2

— Grace and HELP is found not only by asking God, but also by asking other believers to pray for us!

James 5:13-16

**James 5:13** Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

**James 5:14** Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

**James 5:15** And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

**James 5:16** Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

God often uses other believers to carry (HELP) us into His presence so we can connect with His healing presence!

## Mark 2:1-5

**Mark 2:1** And again He entered Capernaum after some days, and it was heard that He was in the house.

**Mark 2:2** Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.

Mark 2:3 Then they came to Him, bringing a paralytic who was carried by four men.

**Mark 2:4** And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

Mark 2:5 When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

When you brother or sister asks you how you are doing, do not lie to them! If you need prayer ask them to HELP you!

"Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another." **- Ephesians 4:25** 

"because your heart was tender, and you humbled yourself before the LORD when you heard what I spoke against this place and against its inhabitants, that they would become a desolation and a curse, and you tore your clothes and wept before Me, I also have heard you," says the LORD." - 2 Kings 22:19