

# The Pastor's Minute

## "H.E.L.P."

There has never been a day like today! People need help everywhere you turn. Even some of you reading this article today need help. You're confronted by problems. Family problems; problems with children; maybe drugs and/or alcohol are controlling your life. On the inside you're screaming for help, but on the outside you keep telling yourself, "I can handle it!" But if you will be honest with yourself and review all the promises you've made, and broken, you will agree that, yes, you need help!



Some may even ask the question, "Is there any help?" My answer to you today is yes, if you really want help, there is help.

**H.— Head To Church:** Now, before you turn me off, hear me out. The church should be a place where people are loved and accepted regardless of who they are, where they come from, or what they look like. It should be a place of warmth and safety. A young woman said to me the other day, "I can't wait to get to church because I feel safe there." If the church is the Body of Christ, then what Christ has to offer should be found in His church. If you have tried church and did not find this, then try another church.

**E.— Eliminate The Negatives:** You are a product of who you spend time with. If you hang out with negative, depressing and defeated people, then you are going to become just like them. Anyone who will try to discourage you from getting help, probably does not want help themselves. You will find that sometimes those closest to you will try to convince you that there is no help. What do you do then? Refer to letter "H."

**L.—Look To The Lord:** The Psalmist David discovered this and said in Psalms 121:1-2, "*I will lift mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.*" The bottom line is this: There is no help apart from Jesus Christ. You will find that any program which does not point you to God, only offers temporary help. Refer to letter "H."

**P.— Prepare To Change:** God is your only help! But you will find that, unless you cry out to Him for a change in your life, and obey what He tells you to do, change will not come. Change can happen, but it must happen first with you!

Are you ready? Refer to letter "H."

See Ya Sunday,  
Pastor Johnny

## "The Pastor's Minute"

is a media-ministry of

### Family Worship Center

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#### Sunday Services

1st Morning Worship ~ 8:30 AM  
Sunday School ~ 10:00 AM  
2nd Morning Worship ~ 10:45 AM

#### Wednesday Service

Family Enrichment Night  
(Small group discipleship classes  
for all ages) ~ 7:00 PM