

# Lord Help Me!

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- Get to heaven
- Increase my faith
- With feelings of inadequacy
- Be a good steward
- Seek the lost
- Know You
- Teach my children
- Trust in my salvation
- Navigate life's transitions
- To wait on You
- Understand what matters
- Encourage others

So we may boldly say:

*"The Lord is my helper;  
I will not fear.*

*What can man do to me?"*

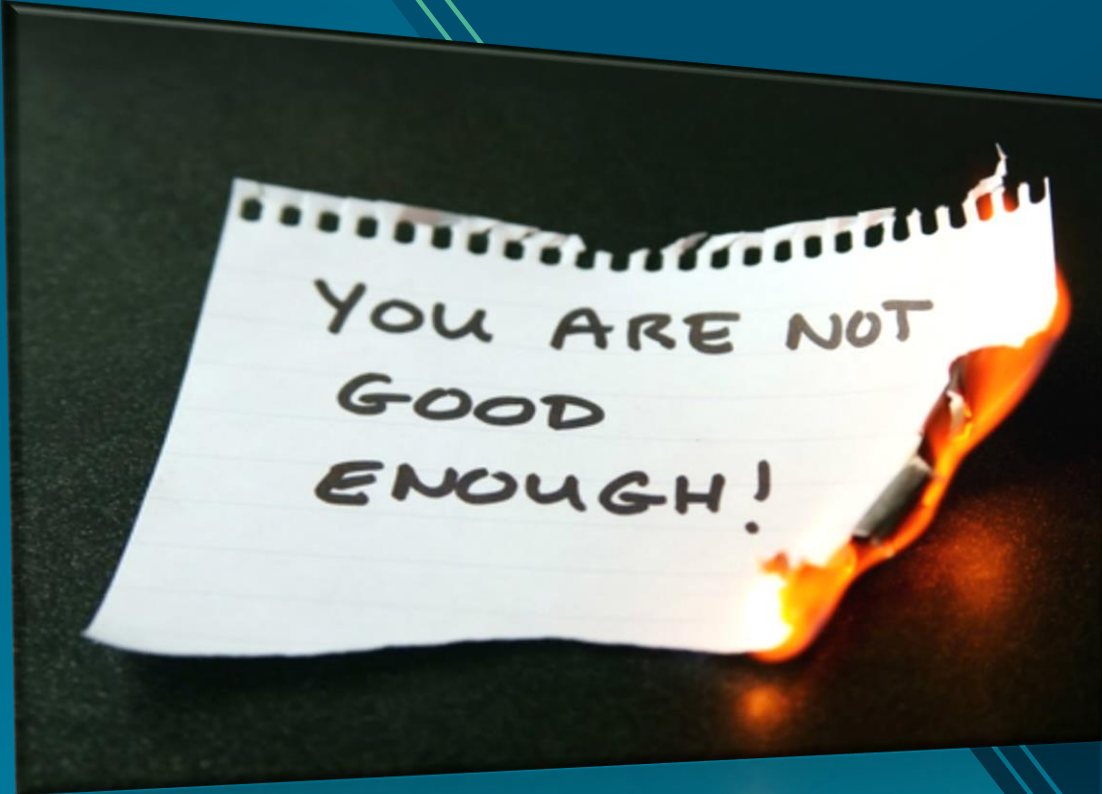
Hebrews 13:6



# “What is that in your hand?” – Exodus 4:2

Distorted mirrors that contribute to feelings of inadequacy:

- ✓ Society
- ✓ Limitations
- ✓ Past Failure
- ✓ Comparisons

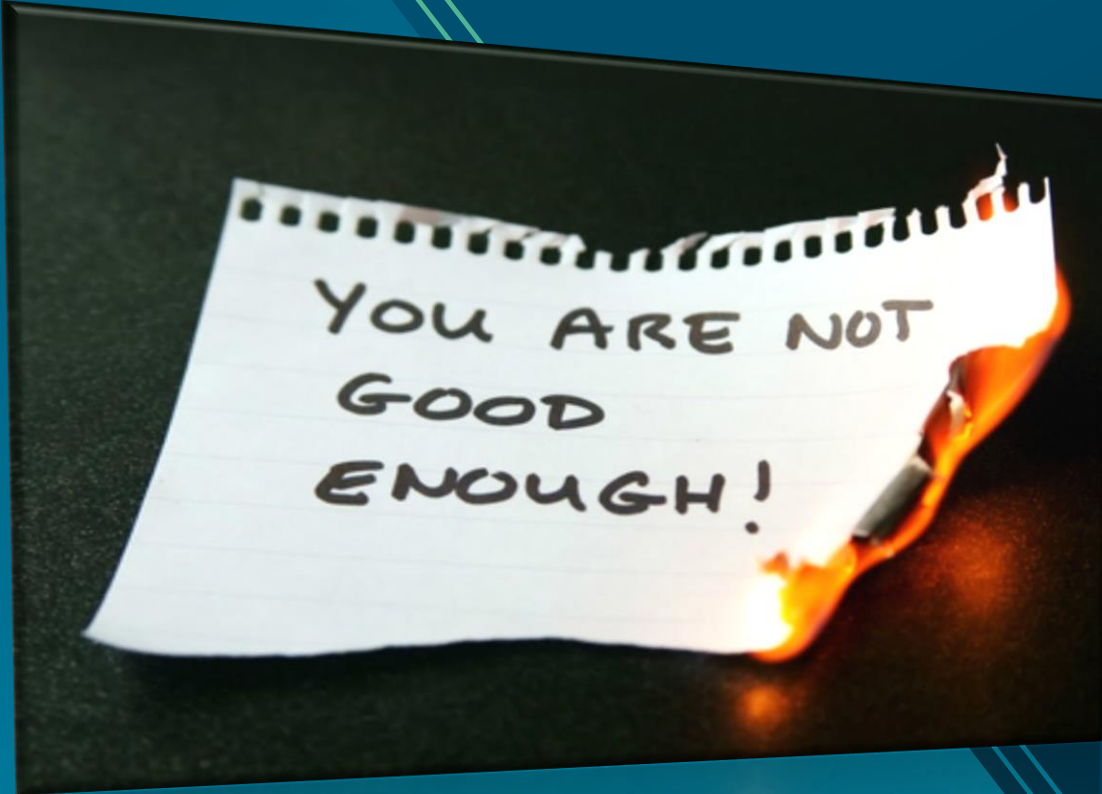


YOU ARE NOT  
GOOD  
ENOUGH!

# “What is that in your hand?” – Exodus 4:2

## Exodus 3-4: Bring My people out of Egypt

- I am not good enough (3:11)
- I don't have all the answers (3:13)
- They won't listen to me (4:1)
- I am not a good speaker (4:10)
- Send someone else... (4:13)

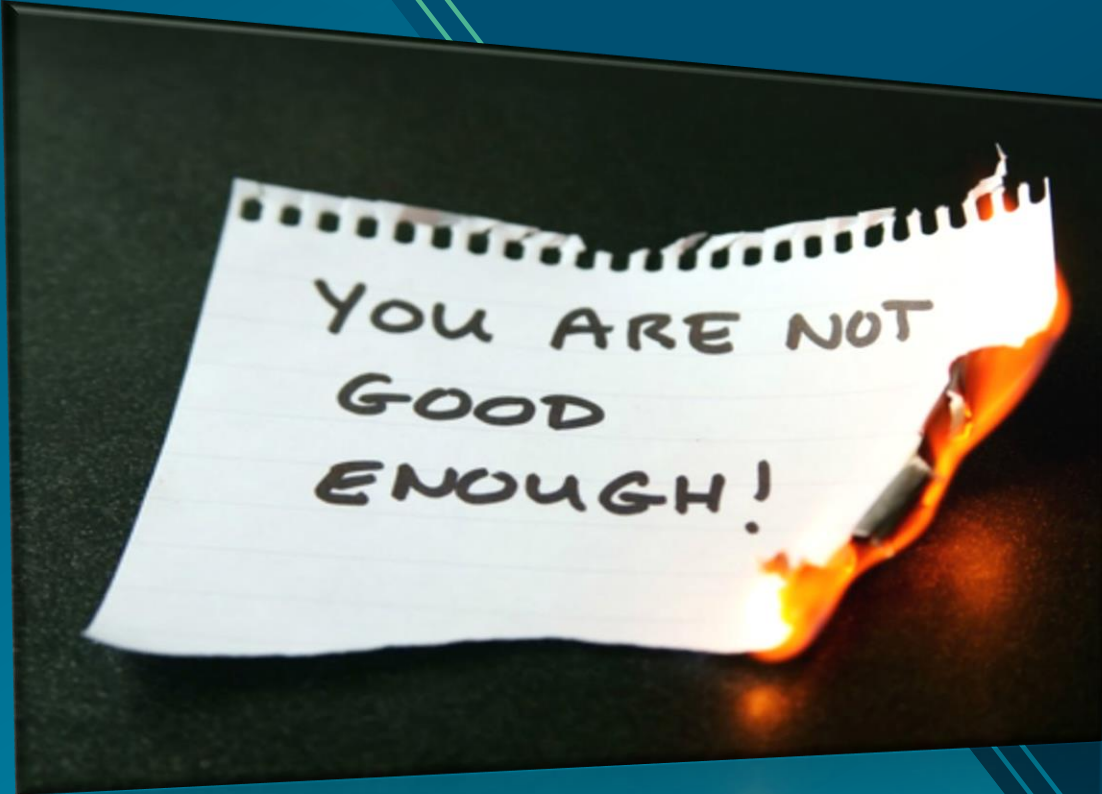


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# “What is that in your hand?” – Exodus 4:2

## God’s Response to Moses’ Arguments:

- “What is that in your hand?” (4:2)
  - God is interested in what we have, not what we don’t!
  - God will use what we are willing to dedicate to Him to accomplish His will
- “Who has made man’s mouth?” (4:11)
  - God knows our REAL limitations
  - Where is our faith that God can help us?
- The anger of the Lord burned against Moses (4:14)



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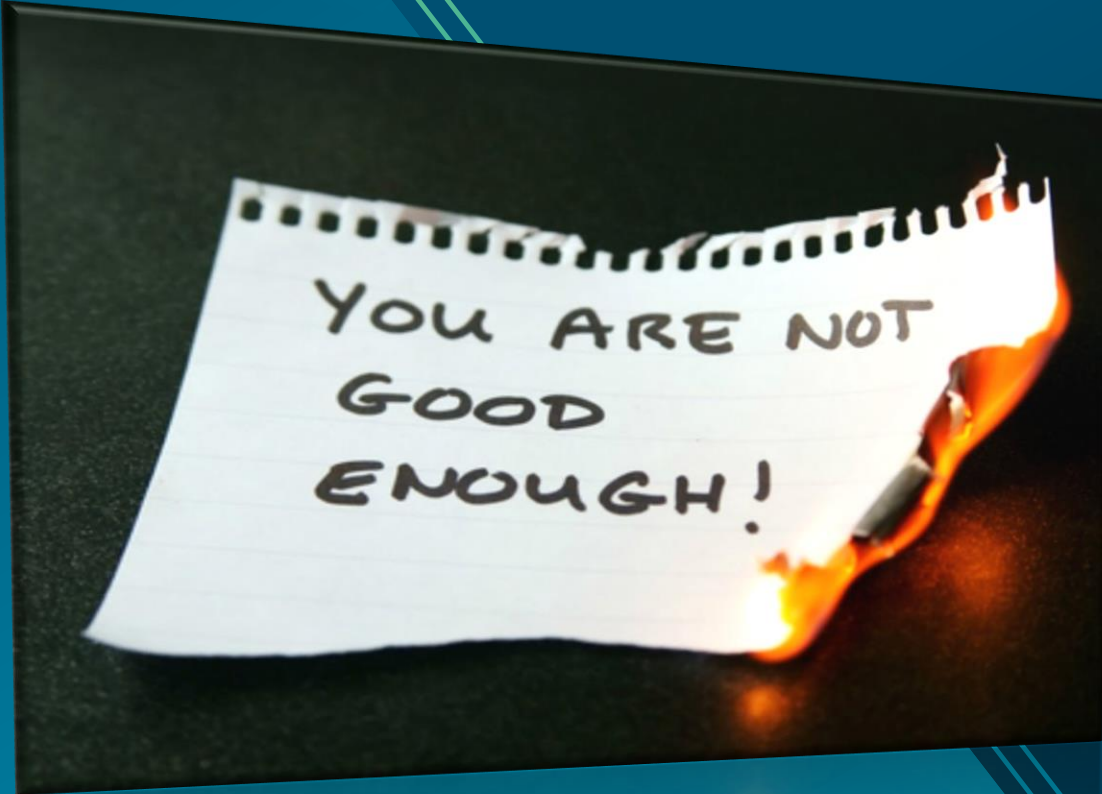
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## Mark 6:30-44 – Jesus Feeds the Five Thousand

- They were tired (verse 31)
- They were busy (verse 31)
- They lacked resources (verse 37)
- “Send them away” (verses 35-36)

### Jesus’ Response

- “You give them something to eat!”
- What do you have in your hand? (38)

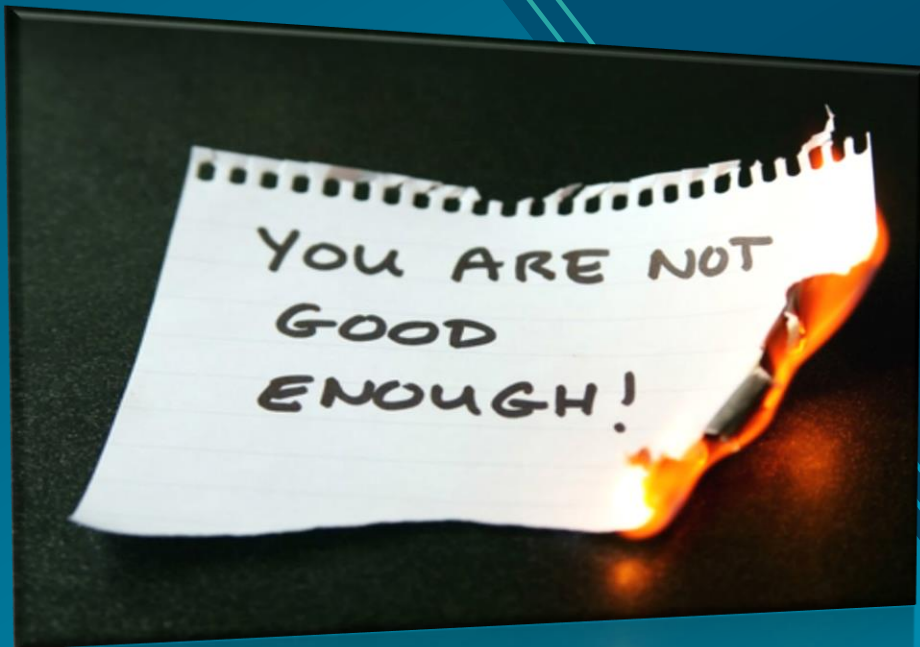


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# “What is that in your hand?” – Exodus 4:2

**Being inadequate is a pre-requisite to serving the Lord!**

<sup>7</sup> Because of the extraordinary *greatness* of the revelations, for this reason, to keep me from exalting myself, there was given to me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself! <sup>8</sup> Concerning this I pleaded with the Lord three times that it might leave me. <sup>9</sup> And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. <sup>10</sup> Therefore I delight in weaknesses, in insults, in distresses, in persecutions, in difficulties, in behalf of Christ; for when I am weak, then I am strong.



- II Corinthians 12:7-10

# “What is that in your hand?” – Exodus 4:2

Help Me Lord with feelings of inadequacy!

- Understand and be thankful for my inadequacies and His power!
- Faith that He can do anything through me, despite my inadequacies
- Use me and everything that I have to achieve His purpose, and help me where I am lacking
- To increase my adequacy with what God has already given to me – II Tim. 3:16-17

