

## Urban Legends

*“God Helps Those Who Help Themselves”*

**BIG IDEA:** God helps those who ~~help themselves~~...humbly and prayerfully take initiative.

### I. Why “God helps those who help themselves” is kinda true... (Because God helps those who do something.)

- **When you repent, God helps by...**  
*Acts 3:19 “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord...”*
- **When you Confess, God helps by...**  
*1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*
- **When you Pray, God helps by...**  
*James 5:16b “...The prayer of a righteous man is powerful and effective.”*
- **When you Worship, God helps by...**  
*Exodus 23:25 “Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you...”*
- **When you Tithe, God helps by...**  
*Malachi 3:10 “Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.”*
- **When you Study the Bible, God helps by...**  
*Joshua 1:8 “Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*
- **Etc... Etc... Etc...**

### II. When “God helps those who help themselves” is really false...

- **It’s false when we rely on ourselves alone.**  
*Psalm 20:7 “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”*  
*Psalm 33:17 “A horse is a vain hope for deliverance; despite all its great strength it cannot save.”*

### III. What’s really at stake: Helping those who can’t help themselves.

*Acts 20:35 “In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”*

### IV. Speaking of not being able to help yourself: sin and salvation

*Ephesians 2:1 “As for you, you were dead in your transgressions and sins...”*