

Title: Delivered From Distress

Brandy Helton, Garden Gathering, 8/10/25

There's a psalm that says, "Let the redeemed of the Lord say so." That means we get to boldly testify and speak of the Lord and His goodness, testify of all His wonders, His miracles, and His joy for us. We get to talk about God, amen. "Let the redeemed of the Lord say so." In His presence, we get to receive what He's saying. We take His presence and we go tell others what He's saying. "Let the redeemed of the Lord say so." Hallelujah!

Today, the Lord says, "He shall deliver me in my distress." That's our title. "He shall deliver us in our distress." We know that the Lord sees. Okay, we're going to talk about distress this morning. Distress is something that is not a positive word. If we are in distress, it can be what I would call a very a narrow place, a tight place, or something that's crunching in on you. It doesn't have to be a calamity, naturally, but it can be a calamity. It can be any kind of anguish of the soul, or torment, or sorrow, or sadness, or pain, or mental suffering. Distress is something that, as believers, we have the access to go before our Father in glory in our distress. Thank the Lord. He is the God of our salvation. He is the One that sees and He shall deliver us in our distresses. Amen. Be encouraged today. He sent a ministry of healing here this morning. He said, "I am the Lord that heals you." Amen, "I am the Lord that heals you."

Psalm 18:1-6 NKJV

How powerful. What a love song. As we walk on this planet in the flesh, we find ourselves at times asking, "Lord, do you see?" Last week, He said, boldly, "Let the blind see." That is spiritually, physically, and in every way, "Let the blind see." When we cry out, "Lord, do you see my distress? Do you see my anguish? Do you see where I'm suffering? Do you see? Do you know? Do you feel? Do you understand the narrow way that I'm in right now? Do you understand how long I have been contending for a breakthrough, right?" It is a distress when you have been contending for something for years, and yet you still believe the Lord God is the One that can deliver. Amen. "In my distress, I called upon the Lord. I cried out to my God." We must always remember, the Lord our God, My God, my Father, my Lord, we are His children. We are His people. Hallelujah.

I cried out to my God, and He heard my voice. He hears us all the time. He hears us. He hears us. He hears it when you are too tired to even speak it. He hears and is one with our spirit, when we've been born again, hallelujah. He is the Father of all spirits. He hears our soul moan. He hears our soul cry out. He hears what our soul is contending for whether it's five minutes, five days, five years, or fifty. He hears us. He sees us. The cry of humanity is, "In my distress, I called upon the Lord." How horrible it would be to have no god to call upon. Thank you, Jesus for making a way that we could be born again, amen. Because without Jesus, there is no hope. "I cried out to my God. He heard my voice from His holy temple. My cry came before Him, even into His ears." Isn't that sweet? Because, you know, sometimes you don't even have enough breath to speak. "Okay, I've been that weary before. I don't know about you, but it's hard to even find a breath. But the Lord hears and He sees and He delivers us in our distress.

Job 34:21

He says, "For His eyes are on the ways of man, and He sees all of His steps. He hears our cry, and His eyes are upon the ways of mankind," especially those who are His. "His eyes are on the ways of man. He sees all of His steps." He sees. The Lord sees. We know that the Lord directs our steps. We believe that, even if we get a little cranky and ornery and disobedient. We go astray for a little bit. He still sees us go away a little bit. He sees us get off the path. He sees

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us back up and quiver and shake and retreat instead of going forward. He sees. He knows. He hears. He hears the cry in our distress. "His eyes are open. His eyes are open to all the ways of mankind." That doesn't just mean those that are born again. His eyes are very much aware of all of humanity. Truth, that comforts me. God Almighty is on His throne. He is in charge over all. He is Lord of all. He sees me. He hears me. He knows. He directs my steps. He gives me strength. Amen.

Psalm 139:16-17

We love this psalm *that is* so intimate. Even from the mother's womb when we were conceived, the Father formed us there. Yes, He knows us by name. How glorious. I just took a portion of this psalm. It's so intimate, so deep, so wonderful, between us and our Creator, our Father. "Your eyes saw my unformed substance. In your book they were all written, the days fashioned for me." It's written in His book, "the days fashioned for me." He knows our days. He knows our journey. He knows our walk. He knows the steps, yes. "The steps of the righteous are directed by the Lord." Even when yet there was none, He knows and sees us. "How precious are your thoughts towards me, Lord! How precious are your thoughts!"

We have to always remember this, to renew our minds and know that the Lord is for me. The Lord is for me. Who can be against me? We have to always renew our mind to know that the thoughts of the Lord towards me are overwhelming me. Okay, He is so for us. He loves us. He feels every ache, every pain, every trauma. He sees everything in the flesh, and He sees the joy that we carry. He is the God that heals us, amen. He is the Lord our healer. He is the one who saves. He is the one who delivers to the uttermost the scripture says. "How precious are your thoughts to me, oh God. How great is the sum of them. If I should count them, they would even be more in number than the sand." Every time I go to the beach, I remember this verse. I don't know if any of y'all do this, but if I'm on a beach, I'm sitting there remembering this scripture. "One, two,..." good luck counting the little sand pebbles, right? How glorious is this! You cannot, but He is omnipotent, all powerful, all knowing, and glorious. He loves us, and He has chosen us.

Psalm 18:1-6

"His eyes are on the ways of man. He sees our steps." How personal, how glorious, and what hope, amen. Thank you, Jesus, that we have Jesus. He is our Lord. The Lord sees, and I see the Lord. Say, "The Lord sees and I see the Lord. The Lord hears, and I hear the Lord. The Lord watches, and I watch the Lord. The Lord understands, and I am given understanding. The Lord heals, and I see His glory. The Lord delivers, and I see the Lord. The Lord sees. The Lord sees the depths. The Lord sees the inside. He sees the motives. He sees the heart. He sees it all. When I see the Lord, I see the Lord, and I am lifted up. He remembers, and He sees. He knows what He has seen, overall, from the beginning of time, from the disobedience of Adam and Eve and the slain Abel by his brother Cain. The Lord sees and knows and hears to the end. Amen. I see the Lord high and lifted up. Amen. I see Him bearing it all on the cross."

I say this over and over again, recently. "He is no longer suffering. He is victorious." He said, 'It is finished.' He is resurrected." Amen. The traumas of this life cannot overcome a resurrected King. The Lord sees. "Let the blind see, let the deaf hear, and let the heart rejoice. That we serve a living God." He sees from the beginning. He sees from the fall, and yet He sees us whole and with Him. Amen, I have seen the Lord. He is alive. He is not suffering. He is victorious. He is whole and He is healed, lacking nothing. Amen, we honor the cross. We honor the blood. We honor His sacrifice. Every day when we take communion, we believe we eat the flesh, and we drink the blood. We remember. He said, "Do this in remembrance of Me." Hallelujah! There is no trauma on the saint. We have been delivered from trauma. "By His stripes we are healed." When you eat of His flesh, and you drink of His blood, you enter into this covenant. Resurrection life comes from Heaven, now, before we go see Him face to face.

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The two kiss, and there is a oneness there to reveal. He says, "I am healed." Yes, there are deep times in intercession and prayer when you're intimate with Jesus. You're identifying with Him. You are feeling what He went through. You have revelation of what that scripture says, "By His stripes, I have been healed." He was pierced through. He was wounded. Yes, you get revelation of that, and that takes you deeper and deeper and deeper into revelation of Jesus and His love for us. But, there is a spirit of resurrection power that comes upon us to breathe His resurrection life into us now, before we get there. It's real. It's tangible. He sees, He knows. He will deliver us in our distress. I don't want to call upon anybody else to save me. I call upon the name of the Lord. He heard me in my distress, and He saves me.

He is lacking nothing. We have to remember this. He does not lack. We lack. He does not lack. Those who are righteous are supposed to lack no good thing. "Those who seek the Lord will lack no good thing." We're identifying with Him. We're receiving this inheritance even now before Heaven. He has conquered death, hell, and the grave. He saw it all, and He lives. Wow. I mean, we can read that. "Well death, hell and the grave," but we really have no human comprehension of what He really went through, what He saw, what He beheld, and what He conquered. The Prince of Heaven, the King of Glory, came, went to the highest and to the depths in distress, and He healed us. He saved us. He delivered us. Resurrection power! Oh baby, there's hope.

The Lord sees, and we see the Lord. He hears, and we hear the Lord. He watches. We watch the Lord, right? The Lord understands, and we're receiving His understanding. He heals, and we see His glory. He delivers, and we see Him in power. He sees, He sees the depths. He knows those thoughts from afar. He knows, He knows, He knows, and you are not alone, beloved. Amen, praise the Lord. This is good news. You know this, but this is part of our daily and weekly journey.

Matthew 11:28-30

Jesus boldly declares this. "He will deliver us in our distress." He said, "Come to Me." He relieves me in my distress. We come distressed. We come with our burden. We come with the yokes. We come with the suffering and the pain, whatever it may be. We come to Him. "Come and He will give us rest." There is an exchange that takes place because He is risen. He is alive. Hallelujah. He sees why we're the way we are. "I just don't know why I am this way." Well, He knows. "I don't know why I think this way." Well, He knows. "I don't know why I keep doing that." Well, He knows. "I don't know why I can't get past that." Well, He knows. "I don't know what I'm thinking. What was I thinking?" He knows. "I'm just saying, right?" He delivers us in our distress, and you are not separated from God, right? "One day, face to face, oh Lord," but right now by the Holy Ghost, we are intimate with Him, and He is intimate with us.

He sees. He knows why we do what we do. You know your propensity, the same thing that you do all the time, your inherited weakness. The propensity, not only to sin and iniquity, but the propensity in how you're going to respond to Him. The propensity of the flesh, that goes a certain way. He goes, "You're going to wave left," and sure enough, we waved left. He says, "I know you're going to go right." Sure enough, we went right. He knows our step forward. He knows our step backwards. He knows when we sit down. He knows when we stand up. He knows what we're thinking before we say it, hallelujah. He loves us, and He delivers us in our distress. The Lord sees. Let the blind see, let the deaf hear, and let all have joy in the Lord. Oh my God, because you know momentary light afflictions cannot be compared to the glory that's laid up for us, both now in our spirit, in the flesh, on the Earth and to come." This gives us hope. He sees why we don't come to Him, and when we go to somebody else first. Oh, that hurts His heart. It hurts His feelings. When you've got something and you go to them first. He says, "Hey, come to me, all who are weary and heavy laden." That's your first step as a believer. Yes. Then we've got this power in the Body of Christ to go and pray with one another.

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Thank you, Lord. We are the Body of Christ. We comfort each other. Yes, we heal, we save, we deliver, and we minister. But first and foremost, He is jealous. He is jealous, and He wants you, even those husbands and wives. I'm sorry. I'm just breaking the bubble. Okay, husbands, you go to Jesus first. Wives, you go to Jesus first. Yes, say, "Amen," right there. That will just shift something, truth? Amen, it's the truth. He is jealous for us. "He sees," why don't we come to Him? He knows the journey. He knows the plans that He has for us. He sees. He's just encouraging you. "I'm jealous for you. Come here, come here, come here." You say, "I've been there and done it. I heard your voice before. I know what you're doing." No. He says, "Come here, because you can get obstinate and ticked off. You get mad at God even. Oh, that's not a safe place. But, He's not worried. He loves you so much, correct? But there are others that are in that same boat. They become hardened against God, because *they think* God let them down somewhere. But, God is the same, yesterday, today and forever. The Lord sees. Let the blind see, let the deaf hear, let the lame walk, let the heart rejoice and know that we have a God who loves us, and who delivers us in our distress. He delivers us in our distress, and thank the Lord for Jesus, who forgives all of our sins.

Genesis 16:13

There's a word in the scripture, "El Roi," which is a name for God. It's from this verse in the story of Hagar. She bore the son Ishmael with Abraham. She says she called on the name of the Lord who spoke to her. "You are the God who sees." She said, "Have I also here, seen Him who sees me?" This wasn't supposed to happen. It wasn't "God's plan," right? But, the God who sees, and the one who says, "The God who sees, "El Roi." Yes, "Let the blind see," even in the ways of man, He is the God who sees. There is a hope, and there's a future. "All who call upon the name of the Lord shall be saved." What an inheritance, the Lord who sees, God, sees you. Thank you for your encouragement, Lord. You ever feel like somebody's watching you? Yes, in the Spirit, especially with the Lord.

Psalms 33:13-15

Wow. This is our God. "The Lord looks from Heaven. He sees all the sons of men. From the place of His dwelling, He looks on all of the inhabitants of the Earth." You can't hide from Him, right? "He fashions their hearts individually," I love that. "He considers all their works," even before we are saved. "He knows the plans and thoughts that He has towards us." Hallelujah, remember, conceived in our mother's womb, He knows. "The Lord looks from Heaven." Let the blind see. Be encouraged. Lift up your heads, oh ye of little faith, and know He sees. He knows, and He knows exactly what He's doing. He knows exactly what He's allowing. He knows exactly where you are in your journey right now, and what you need today and tomorrow and next week and next year. He has established our steps, Beloved. He knows the anointing. He knows the inheritance He's given us, now and in the age to come. He sees us in glory. That is amazing, isn't it? He sees us with Him already. He sees us already with Him. That comforts you. It should comfort you. It should comfort your hearts. The Lord sees and I'm not blinded anymore, because of Jesus.

Psalms 118:4-6

Okay, that's it. That's a cry of humanity. Once you've been born again, my God. This is before Jesus Christ came, went to the cross, and the Holy Ghost coming inside the believer. How much more now? "Christ in me the hope of glory." Yes, the Holy Ghost is living inside of me. Now, I am the temple of the Holy Ghost. I'm a dwelling place of God in the Spirit. He chose to put His Spirit inside of the believer. You talk about close. It doesn't get any closer. You must be born again. Yes, you must be born again. You must not just go to church. You must not just know about the Lord. You must make sure that you have repented of your sin, made Him Lord and Savior, and given your whole heart to Him. Then He will come and transfer you out of darkness and into His glorious light. He'll put His Spirit in you. We must be born again.

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What does born again really mean? He is doing a work in us, Beloved, and He knows it. He is delivering us in our distress. We can be distressed by anything. He answers me. He answers you. He sees. He hears. He is not deaf. He responds and He is willing to overwhelm us with His grace and His goodness, His courage, His power, His authority and what it takes to persevere. There's a whole bunch of words in the Bible called endurance, perseverance, overcoming, because that's what we do in the flesh. But the end result is, He has healed me in my distress. Amen. Thank you Jesus, that He made a way for this.

“The Lord is on my side. I will not fear. What can man do to me?” We know this famous verse. I thank the Lord that He's with us. These words are full of life and hope. Here's the good thing about being in Christ, He does this for you, and then you're empowered to go relieve others in their distress. He does this for us, and the blood and the anointing in the Holy Ghost goes and heals, saves and delivers others and helps others. Truth.

Romans 8:31-32

I love this. “What then shall we say to these things? If God is for us, who can be against us?” That's it. “If God is for us.’ ‘He is the Risen One,” not the suffering One. I'm hacking through intercession things, okay. “He is the Risen One.’ ‘He has all authority in Heaven and Earth and under the Earth.” You understand? He breaks through trauma. He conquers it with His voice and His blood. One word from God heals. He delivers us in our distresses. When you call upon the name of the Lord, He heals us. He hears us, He sees us, and He works through us in our prayers. He hits the target. Say, “Bull's eye.”

Romans 8:33-39

Comfort one another with these words. This is our eternal hope now and forever. The Lord sees and He delivers us in our distress, no matter what the body is manifesting, right? He is the God that heals us.

Alright, let's stand up. If you need personal prayer over this, we'll pray for you. First, I want to pray over everybody.

“Thank you, my Lord. You're so good. Your Word is true, and we just praise you and love you. You say, “Let the blind see, let the deaf hear, let the hearts beat again, and awaken the souls to respond, once again.” God, lift the yokes, lift the weights, and lift the burdens. God, remove the burdens and yokes and the distress in this life. Bring healing and comfort. Deliver us in our distresses, Lord. I rebuke the spirits of anxiety and fear in Jesus's, mighty name. Lord, comfort, comfort, comfort your people with an amazing love and an amazing grace, so we will know that you are alive. Thank you, Jesus, that you're overwhelming us in your intercessions to bring us into the Shekinah glory of the Lord. To see you, to hear you, to feel you, to know you, to touch you, to taste and see that you are good. Remove the scales off the soul and off the eyes. Open the eyes and open the ears. Let us hear and respond. Let us know the God that we believe. We thank you for anointing each and everyone with fresh oil today. That you bring physical healing and restoration. That you would restore the years that the locusts have eaten. That you comfort, comfort, comfort your people. Comfort, comfort, comfort your people. Restore us and give us strength. We look to You, Lord, and our face is radiant. In Jesus's, mighty name. Amen.