

Where Does My Help Come From?

In 1965, the Beatles were singing, "Help me if you can, I'm feeling down. And I do appreciate you being 'round. Help me get my feet back on the ground. Won't you please, please help me!" People on their way to Jerusalem started singing, "I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth." Psalm 121 is a Psalm of Ascent and was sung for hundreds of years as pilgrims made their way to Jerusalem for one of the three pilgrimage feasts (Passover, Feast of Weeks, and Feast of Booths).

I don't know about you, but I need help. The mission is bigger than me. The workload is heavier than I can bear. My fruit apart from the Spirit is pretty rotten. I'm grateful that Jesus has sent the Helper, the Holy Spirit (John 14:26).

Where are you at today? What idea are you wrestling with or what challenge has come your way and left you flummoxed & puzzled? Have you stopped and asked for the Lord's help?

As I seek to serve the Lord in multiple roles from being a husband to a father to a stewardship representative to a coach to a church planter and so forth I find that there are many opportunities to fail. Therefore, I ask the Lord for help and He answers. But like the psalmist, sometimes I need to internal dialogue to remind myself that not only do I need the Lord for help, but I must go to Him for it.

Later in Psalm 121, the Lord is described as the one who "keeps" the psalmist. The word is literally "guard." It is used in the present tense and in the future tense. I am grateful that He's never off duty or too busy with something else. Psalmist uses a series of parallel and antithetical parallels to make the point that the Lord is sovereign. Therefore, our help is not only someone who is able to guard us now and forever, but He is the one who is ultimately in control of everything.

Sometimes it is hard to fathom that I need to be reminded of this truth. However, I'm grateful for the Lord revealing who He is through His written Word and that He uses His Spirit to bring it to mind. I hope that today, if you are struggling, that you will take great solace in knowing that your help comes from the Lord.

*What challenge has
come your way and left you
flummoxed & puzzled?*

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