



*"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. He will not let your foot be moved; he who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep."*

I recently experienced the joy of covid (read with a dose of sarcasm). In the days it took to rest and recover, I was reminded how much I don't like to ask for help. I like the feeling of being self-sufficient, and our world loves the idea of being "self-made." In the days spent in my basement, I was struck by the reality that all the strength I may have one day can be gone the next, and if my power fails, who will help? Maybe you can relate? Perhaps when you feel good, and life goes your way, you don't recognize the help you need.

"Help" can be defined as; "make it easier for (someone) to do something by offering one's services or resources." I don't think it is a reach to say that we can all relate to that definition at some point in our lives. When life presents obstacles, challenges, pain, struggle, uncertainty or fear, it is crucial to be aware of where we are seeking. The verses found in Psalm 121:1-4 provide several reasons to look to God for help in times of need.

1) Help comes from God - "My help comes from the Lord." The Psalmist is reminding us that WHO provides help. We can remind ourselves that when we needed the most "help" (when we were dead in our sin), God provided all we needed in the life, death and resurrection of Jesus. If He was willing to do that, He wouldn't fail us now in providing the help we need.

2) God is Creator - "who made heaven and earth"; in other words, God knows what is going on, how it works, why it works the way it does or doesn't and has complete control over all things found in this creation of His. This provides comfort to those who have asked for help and not received what we had hoped for because we know the one who created everything we see is in complete control.

3) God is Our Protector - "He will not let your foot be moved," there is absolutely nothing happening or moving in your life that God does not impact. He has shown He knows what He is doing, and everything He is doing is found within His perfect will.

4) God Does Not Get Tired - "he who keeps you will not slumber," sometimes hard things in life cause us to wear down, get tired and want to quit. Even at your weakest, remember, God is not off sleeping. He is, as my dad says, "Always doing something and never do nothing." He loves to help, provide, care for and give us all we need to flourish as His disciples. Do not put the limits you experience on a limitless God.

As life rolls on and storms roll in, ask yourself, "Where am I turning for help?" Might we, like the Psalmist, look to God, who made all, provides all and is all.