

## HELP!

I'm not sure how many times I have been asked for help. With all our kids, I would estimate it at around a bazillion. Moreover, every job I think I ever had was centered around helping. This has increased my experience with the request for help even more than previously stated. Help is a good word. However, it isn't used as often as it should.

The Beatles released a song in 1965 that many people still recognize. Help!

I need somebody  
(Help) not just anybody  
(Help) you know I need someone, help

Throughout the song, the singer admits that the cry for help replaces a previous self-assuredness and independence. A much older song exists about the same topic. Consider Psalm 121 for a moment.

*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. (V. 1-2)*

Lifting one's eyes up is a sign of resignation and admitting that self is not all one needs. This attitude represents an "opening of the door" to help that comes from a place much higher than self and others. This Psalm was sung in preparation for worship at the temple, signaling a recognition of where true help comes from and its absolute quality.

*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.  
The Lord is your keeper;  
the Lord is your shade on your right hand. (V. 3-5)*

The Lord's help offers a confidence that cannot be found elsewhere. Rest assured, he will not fail.

*The sun shall not strike you by day,  
nor the moon by night.  
The Lord will keep you from all evil;  
he will keep your life.  
The Lord will keep  
your going out and your coming in  
from this time forth and forevermore. (v. 6-8)*

Finally, the Lord remains in the place of a provider, protector, and deliverer now and into the future. We experience this most fully through the gift of Jesus Christ.

The Lord's help is a perfect reason to worship. May you be blessed today as you humbly ask for his help and joyfully worship, having received his gracious love.

Shalom,  
Ryan