

Our Help: Part 1

Written by Sharah LaGail Wyatt

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. (**Ps. 121:1 ESV**) Overwhelmed. Perplexed. Helpless. Experiencing such as this is not uncommon in the life of many. The feeling of being overwhelmed, perplexed, or helpless in a challenging situation rarely remains just a fleeting emotional disturbance. It most often develops into an intense battle within the mind and heart.

Feeling overwhelmed, helpless, and perplexed has a way of trying to grip the soul with a paralyzing hold: the mind blanks out and all possible answers seem to escape into the wind... the challenge seems too big to overcome, yet there appears to be no escape from it either.

So what is to be done when we feel help-less?

Psalm 46:1 says, “God is our refuge and strength, a very present HELP in time of trouble.” Not only is God our Refuge and our Strength, He is Our Help in every situation.

The words of one great hymn declare:

O God, our Help in ages past,
Our Hope for years to come.
Our Shelter from the stormy blast,
And our Eternal Home.

Past, present, and all the future to come, God is Our Help. If we will but depend upon Him as our Help, He will help, strengthen, deliver us, and cause us to triumph in every challenge.

The key is to recognize that God is our Help, and to look only to Him. Psalm 121:1 relates, “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” (ESV – author’s emphasis).

The help we need is in Him. Psalm 121 further assures that the Lord is our Help at all times. He never sleeps, He never slumbers. The Lord is alert and ready to help and deliver us at every moment. As Psalm 46 has already stated, He is a “very present help.”

No Need To Fear

“God is our refuge and strength, a very present help in time of trouble; therefore we will not fear...” (Psalm 46:1-2).

When God is our Help, there is no need to fear. Hebrews 13:5-6 explains: “God Himself has said, I will not in any way fail you nor give you up nor leave you without support. I will not, I will not, I will not in any degree leave you helpless nor forsake nor let you down (relax My hold on you)! Assuredly not! So we take comfort and are encouraged and confidently and boldly say, THE LORD IS MY HELPER: I will not be seized with alarm [I will not fear or dread or be terrified]. What can men do to me?” (AMP – author’s emphasis).

The Lord has committed Himself to be our Helper. He has vowed to uphold, to strengthen, and to support us – and He will never go back on His Word. He will never leave us nor forsake us.

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The Scriptures command us “be strong and of good courage, do not fear or be dismayed – for the Lord your God is with you wherever you go” (Josh. 1:8).

Isaiah 41:10 further assures, “Fear not, for I Am with you; be not dismayed, for I Am your God. I will strengthen you, yes I will HELP you, I will uphold you with My righteous right hand.”

When we feel utterly helpless in a situation, it is at that moment we should recall to mind that the Lord has not left us. He is there to strengthen and uphold us in whatever we are experiencing, and He will help us when we turn our attention upon Him and trust Him.

The Lord’s power to help and deliver is not confined to merely a few areas in our life. He is well able to help us in any and every situation we encounter and in whatever challenge we face. His power and ability are in no way limited, and His Wisdom exceeds what is needed to solve any problem. We do not ever have to fear not having the answer in any circumstance. We have within us The One who holds all the answers.

The only limitation to our receiving Help from the Lord is our own fears. The help we need is there for us. But if our attention remains upon the problems, instead of upon the Help that has been provided, our unbelief hinders our ability to receive deliverance.

Continual recognition and meditation upon the Help of the Lord and His limitless ability to uphold and help us in every situation is key to living free from fear of helplessness and not having the answers we need. When we remain focused and expectant of God’s Help in our life, we are positioned to experience His divine assistance and intervention in all things.

Help That Cannot Be Stopped

There are times when we meet a challenge so severe it can seem like even God won’t be able to do anything about it. We hope, we pray, but time drags on, and no help comes. Perhaps the Lord has been speaking to people’s hearts to come to our aid, but none of them obeyed Him. So what happens now?

In Isaiah 63:5, the Lord exclaimed: “I looked, but there was no one to help, and I wondered that there was no one to uphold. Therefore My Own Arm brought salvation for Me...” The Lord’s help cannot be stopped. Even when friends and family fail to come through, and when no one comes to our aid – the Lord alone will be our support and will execute deliverance on our behalf as we look to Him alone as Our Help.

Isaiah 59:1 confirms, “Behold, the Lord’s hand is not shortened at all, that it cannot save, nor His ear dull with deafness, that it cannot hear.” Nothing in this world order can prohibit the operation of God’s help in our life. If we trust in Him and expect help from Him, His Help will come. Nothing can separate us from the deliverance and preservation to which we have been entitled through the Blood of the Everlasting Covenant of God through our Lord Jesus Christ.

We have a sure and eternal promise of help and salvation in any situation, pledged from the lips of God Himself – and no man, no devil, no circumstance can withhold it from us. The Lord’s Help is Help that cannot be stopped.

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