

YOUR SOURCE OF HELP

"He will not let your foot slip— he who watches over you will not slumber."

Psalms 121:3

REFLECTION

When one is in trouble who, what or where would the person look or turn to for help? Some may turn to family members, best buddies, service organizations, professionals, institutions, etc. while others may remain helpless with none of such sources of help to aid them. Some of these sources of help may bring immediate relief, while others may require a longer process before relief arrives, and while others may not be of help at all.

Psalm 121 leads its readers to identify the true source of help whenever they are in trouble, *"I lift up my eyes to the hills, Where does my help come from? My help comes from the LORD."* (v.1-2) For the Israelites, their source of help is the Lord God almighty. But the psalm doesn't stop there, it goes on to describe the source of help, *"...the Maker of heaven and earth,"* (v.2) and provides a descriptive picture of why their source of help, the Lord almighty, is so reliable or dependable. *"He will not let your foot slip – he who watches over you will not slumber."* (v.3) And this psalm continues to thicken the description of *"The Lord who watches over you."* (v.4-8) To the Israelites the LORD almighty (*"will not slumber"*) is their protector who is always aware of what goes on with them and to them; nothing escapes His notice. The Israelites be rest safely in the night and travel safely in the day with the Lord watching over them all the time.

Wonder how you would describe your source of help? It may be helpful for you to reflect on this matter whenever you are (were) in trouble or in need.

- Who, what or where do you turn to as your source of help?
- How would you describe your source of help?
- What makes your source of help so reliable or dependable that you would turn to them almost immediately? What would you say?

PRAYER

Heavenly Father, Thank You for being our source of help, Whenever we are in need we can turn to You always. We praise You for You are always watching over us and nothing escapes Your notice. Even though troubles may confront us we are safe in Your love because You will guide us in our journey. Continue to strengthen our faith and trust in You always. In Jesus' name we ask. Amen.

SUPPLICATION

- Take the time to reflect on the pointers (questions) at the end of the Reflection. Turn your reflections into prayer conversations with the Lord. Allow your reflections to draw you closer with Him knowing that He receives you as you are. Seek the Lord for a deeper understanding of Him as your source of help.
- Do you know of anyone who may be looking for help in the wrong places apart from the Lord, or someone who just doesn't know who or where to turn to? Talk to our heavenly Father about them. Pray that He will provide opportunities to seek Him and for you to be a channel of His help to these person. Pray that they will find Jesus as their source of help and strength.
- The Church of Christ around the world is affected by all forms of opposition, pressures, trends and conformities from the world. Pray for the church leaders to remain steadfast in the Lord and turn to Him as their source of help. May they not turn to the ways of the world to lead the flock under their care.
- The world is in crisis and needs help. Some turn to violence, revenge, rebellion, confrontation, etc. as their way of resolving their problems with drastic consequences. Pray for the Holy Spirit to come upon the world leaders that they may make the right decisions that would help in the well-being of the citizens in their own land. May the Lord turn their hearts and minds towards Him and seek Him for help.

"The Lord will watch over your coming and going both now and forevermore."

Psalm 121:8

If you need any prayer or pastoral care support, kindly contact the pastoral care team via:

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