

## From Whence Shall My Help Come?

Psalm 121:1-4  
Charlie Brackett

I will lift up my eyes to the mountains;  
From whence shall my help come?  
My help comes from the Lord,  
Who made heaven and earth.  
He will not allow your foot to slip;  
He who keeps you will not slumber,  
Behold, He who keeps Israel  
Will neither slumber nor sleep.

Anyone who has lived any time at all is acquainted with trouble. We all have it at one time or another. It seems just about the time we have our act together and things are going pretty well that disaster hits and problems arise. Who can help? Who should we turn to? Children look to their parents, but the day will come when they must stand on their own. Parents won't always help. Some look to a teacher and mentor, but the day will come when the teacher won't be there or a problem will come for which the teacher has no answer. Some look to professional counselors, but professional answers are often contradictory; the professionals are divided on which wisdom is best. Some look to a friend, but friends have limits too.

The psalmist looked upward when he needed help. He no sooner formed the question, "From whence shall my help come?" than he knew the answer. "My help comes from the Lord." Wouldn't it be wonderful to always know where to turn, to know before the problem arises who can and will help? You can, you know. Look to the Lord as did the psalmist. He is the source of real help. There are three reasons for that in these verses.

**First, the Lord made the heaven and the earth.** God has the resources, the power, the wisdom and the imagination to solve any problem that may come your way. He who designed and made all things can certainly help us through our minute problems.

**Second, the Lord will not allow your foot to slip.** He is motivated to help. Paul argues this point in Romans 8:32 from the greater to the lesser. He who gave up His Son a sacrifice for our sins, Paul said, will surely give anything else we need. If He didn't withhold His Son from us, why would He withhold some lesser gift? He loves us; He will not allow us to slip.

**Third, He who keeps you will not slumber.** He doesn't sleep and He doesn't take vacations. When you need help, He is there, ready to listen and anxious to help.

Why is it we are so reluctant or so forgetful to seek help from the Lord? Is it because we have not made Him an important part of our lives by doing His will?