



Recognizing the Need to Call for Help

One of the most famous psalms from the songs of ascents is psalm 121. This psalm is treated as a pleading for help during difficult times:

¹121 I will lift up mine eyes unto the hills, from whence cometh my help.

²My help cometh from the LORD, which made heaven and earth.

³He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

⁴Behold, he that keepeth Israel shall neither slumber nor sleep.

⁵The LORD is thy keeper: the LORD is thy shade upon thy right hand.

⁶The sun shall not smite thee by day, nor the moon by night.

⁷The LORD shall preserve thee from all evil: he shall preserve thy soul.

⁸The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Psalm 121

While writing this psalm, David is in a lot of trouble: Saul is looking to murder him, his men are hungry and hiding in the desert and the promise of kingship seems farther than ever.

But David doesn't concentrate on the hardships. Instead he turns for help to the source of strength that he knows and trusts. His statements are full assurance – this help that he speaks of is certain, and it will come, regardless of the circumstances.

Had David fixated on the danger, thinking only about the obstacles, how would his psalm have sounded? What does David's mind lean on?

From your experience, are you more like to ask for help? Or do you dwell on the hardships?

How can you choose a source of help and encouragement that will deliver rescue with certainty?
