

WORD OF THE DAY



WORD OF THE DAY ([Psalm 121:1-2](#))

*"I will lift up my eyes to the hills— From whence comes my help?
My help comes from the Lord, Who made heaven."*

Where Does Help Come From?



A world full of problems. Having problems is a natural part of life. Everyone in this world has experienced a problem at some point in their lives. Even before the fall of mankind in the garden of Eden, God noticed a problem for Adam. God stated in [Genesis 2:18](#), "*It is not good for man to be alone*". This was the first problem, or potential problem noted in the Bible - Adam being alone. To solve this problem, God states in the same verse, "I will make a **helper** suitable for him." Notice that the problem was solved by providing **help**.

We seek help for problems. Adam's problem of being by himself was solved by God sending a **helper**, Eve, his wife. However, for other problems in our lives, we might need a different kind/type of help/helper. For example, if you have psychological issues, you may seek help from a therapist. If you have legal problems, you may seek help from a lawyer. And if you have an issue with a medical problem, you may seek help from a doctor.

Our help comes from the Lord. People seek help when they acknowledge two things. (1) First, they must acknowledge that there is a problem, (2) and secondly, they must acknowledge that they are unable to solve it on their own. For this reason, we can see why many don't call out to Jesus to be saved. In our verse of the day, the Psalmist recognizes that there is a problem which they are unable to handle on their own. The author of Psalm 121 writes, "*I will lift up my eyes to the hills— From whence comes my help? My help comes from the Lord, Who made heaven*". Since Biblical poetry often uses hills to symbolize the dwelling place of God (Mount Zion, City on a Hill, etc); the author tells us that his eyes are lifted up to the hills because he knows that his help comes from the Lord.

God responded to the first problem by sending help - Eve. And in a similar fashion, God has responded to humanity's greatest problem, sin, by sending help, Jesus Christ.

-Your brother in Christ, [WNL](#)

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THOUGHT FOR THE WEEK

People can provide help, but only God can solve your problems.

PRAYER FOR THE WEEK

Dear God, thank you for sending many different people into my life to help me in different ways. Remind me that although people can help, people are ultimately flawed and sometimes they can make the problem worst or add headache. Help me to cherish and appreciate everyone that you have sent as a helper, and remind me that the ultimate helper is Jesus, the savior of my sins. In Jesus name I pray, Amen.



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