

"If We Ever Needed the Lord Before, We Sure Do Need Him Now"

Scripture:

"I lift up my eyes to the mountains-where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

-Psalm 121:1-2

Reflection:

The old gospel song says, "If we ever needed the Lord before, we sure do need Him now." That's the heart of Psalm 121. The psalmist looks up, not to the mountains for help, but beyond them-to the Lord who made the mountains. He knows that real help, lasting help, comes only from God.

We live in a world full of uncertainty, challenges, and moments when we feel helpless. Whether it's trouble in our families, struggles at work, or worries about the future, we all face times when we realize we can't make it on our own. That's when we need the Lord most-not just as a last resort, but as our first and constant source of help.

God promises to watch over us, to keep our feet from slipping, to guard our coming and going now and forevermore. He is not distant or distracted. He is your Keeper, your Protector, your Helper-right now, right where you are.

Prayer:

Lord, we confess that we need You every hour. Thank You for being our Helper, our Keeper, and our constant source of strength. Help us to lift our eyes to You in every situation, trusting that You are always with us and always able. In Jesus' name, Amen.

Challenge:

This week, whenever you feel overwhelmed or uncertain, pause and pray, "Lord, I need You." Lift

your eyes to Him, and trust that your help comes from the Lord, the Maker of heaven and earth.