

## November 9th – The Source of My Help

*“I will lift up my eyes to the hills – from whence comes my help? My help comes from the Lord, who made heaven and earth.”*

(Psalm 121:1-2)

It doesn't matter who we are, we all need some help from time to time! Or as the old song says, “We all need somebody to lean on.” If we are followers of Christ, we can always lean on the everlasting arms of our Heavenly Father. Today's verse tells us He is our constant source of help, but in what ways does He help us? There are too many ways to count, but Psalm 121 gives us several ways that God helps those that belong to Him.

First, God is our Sustainer. The psalmist says, “He will not allow your foot to be moved.” That's because “He who keeps you will not slumber.” God is never taken by surprise. He is always awake and attentive to the welfare of His children. When you don't think you can take another step, He will hold you up and give you the strength to persevere. These verses also tell us that God is our Protector. He is so close that “the sun shall not strike you by day nor the moon by night.” Truly, He is “a friend that sticks closer than a brother” (Prov. 18:24).

Finally, we're told that God is our Provider – “the Lord shall preserve you from all evil.” If we're battling with sin, God will provide a way of escape (1 Cor. 10:13). The Lord will provide the means for you to grow in your relationship with Him. The Lord will provide everything you need to live. And the best news of all – God will provide an abundant for us on this earth, and He'll provide eternal life for us when we leave this world. If you need help, lift your eyes up to the Lord!