

## “GOD IS OUR HELPER” DEVOTIONAL & PRAYER

Our prayer this week focuses on God Who is our *Helper*. He is the One Who assists and aids us in whatever we may be going through, helping to ease and relieve us in those times.

It comes from our Prayer Verse: Psalm 121:1-2 "I will lift up my eyes to the hills, for where does my *help* come from? My *help* comes from the Lord, the Maker of heaven and earth."

Our encouragement from these verses is that God, the Maker of heaven and earth and all that is in them, is the only true *Helper* we have as we live life here on this earth. As King David penned this Psalm, it will help us to know that it was probably written either during battle with one of his many enemies or when his throne was taken away from him by his very own son, Absalom. Here is a man facing extreme trouble in his earthly life who knew where to lift his eyes, to the only One Who truly could *help* him in his time of need, his Heavenly Father. Many times, when things are falling apart in our homes or lives, the One Who made heaven and earth is ready to assist and aid us in decisions and circumstances in just the way we need His *help* the most. When we feel as if no one understands us or our feelings or what we may be experiencing, the One Who created us does. Our Heavenly Father is right there with His power and presence to ease and relieve us in the way He knows will benefit us the most because He created us and has the perfect plan for us, a plan that is good and will bless us with His peace, power and presence as we walk this earth with Him. He *desires* to be our *Helper* and wants to give us His wisdom and guidance in *every* circumstance. Just as David humbled his heart in time of mental, physical and emotional need and lifted his eyes up to his Creator (his *Helper*) instead of running to all those around Him, he reminds us that our God should be the priority in our own hearts before anyone else. We should run to our true *Helper* first before we go to others. Let us pray that we will know how much our Heavenly Father loves us and *desires* to *help* us as we face our struggles and our fears. Let us pray that we will put Him first on the throne of our hearts, fully trusting in Him and all that He has done for us and *will* do for us. Let us pray that we will know His power and presence that is freely available to us at *all times* and in *all situations* to *help* us in *every need* we may be facing, guiding us and easing us through as we walk this life with Him. Let us pray that we will understand that He *DESIRE*S to be our *Helper* and is willing to uphold us in His very own hands! He loves us so much and wants this for us, so let us pray that we will see Him for Who He is and lift our eyes to our *Helper* today. Let us pray:

"Dear Heavenly Father, we humbly bow before Your throne in our hearts and praise You for being our '*Helper*'. Please help me and..."

*(names of those you are praying for)*

understand that we can lift up our eyes to the hills (to the heavens) as we ask in our hearts where does our help come from? And as we do, we will say 'Our *help* comes from You, Lord, the Maker of heaven and earth!' Lord, we believe You desire to do this for us for it is in Your Word. May we recognize our need for You and humble our hearts before your mighty throne. May our hope be in You all day long. Thank-you for loving us with an everlasting love and may it all be for the glory of Your name. In Your loving Son's name, Jesus, we pray, Amen."