**God our Constant Help**

*I lift up my eyes to the hills.  
    From where does my help come?****2****My help comes from the Lord,  
    who made heaven and earth.*

***3****He will not let your foot be moved;  
    he who keeps you will not slumber.****4****Behold, he who keeps Israel  
    will neither slumber nor sleep.*

***5****The Lord is your keeper;  
    the Lord is your shade on your right hand.****6****The sun shall not strike you by day,  
    nor the moon by night.*

***7****The Lord will keep you from all evil;  
    he will keep your life.****8****The Lord will keep  
    your going out and your coming in  
    from this time forth and forevermore. (Psalm 121:1-8, ESV)*

In all circumstances, God is our constant Help. Greetings to you all in the name of our Lord Jesus Christ, as we speak today about another facet of faith, specifically the role of God as a Helper. God is a help to us – and we will see that the help in question is not limited by the problems of this world, nor is it stopped by the evil parties in the spirit realm. Therefore, let us take a look at God’s constant help today…

God is always ready to help and to protect the people that worship him. Psalm 121 was not just a song of “degrees”, but also one that was to be “done while ascending”. In other words, it was for the purpose of the journey going up to God’s Temple located on Mount Zion. This spiritual song/prayer was one that encouraged and supported people’s faith.

There are a few important details within it, that we are going to examine: first, the mountains were considered to be the dwelling places of false gods, but the Psalmist says that his help is from the LORD specifically, and from Mount Zion, and no other mountains. The God that is specified is the One that created the heavens and the earth and everything within, in between, and underneath. This is not a god who could not bring fire to a sacrifice offered to him like Baal on Mt. Carmel. Rather, this is the God of the Prophet Elijah, who is always alert and able to act.

God is a Protector and shade of His people through His strength. The sun and the moon, which were also considered false gods in the pagan religions of the day did not have that power to strike those whose eyes were toward God. He would defend His followers from all kinds of evils. He even protected travelers, especially those making the trek to the Temple to worship Him.

This is like the custom that some Native Americans had when a boy would become 13 years old. They would take him at night to a forest, eyes blindfolded, so that he could spend a night there alone. His imagination would torture him all night because he did not know what each little sound was, from where it came, and whether he was in danger or not. In the morning, once the sun would come up and he would see everything, he would suddenly be taken by surprise; because he would notice his father, keeping watch over him with a bow and arrow the whole time, but without a sound.

Yes, sometimes God takes us too into the forest to be trained. The Lord will have us go through many different kinds of seasons. The latter could be different battles, relationship issues, various financial, health-related, and even spiritual dangers.

What is important, however, is that we believe what we proclaim as our faith, just like the pilgrims proclaimed this Psalm on the way to worship on Mt. Zion. Let us believe that God is our ever-constant Protector and Helper – because our help is always going to come from Him, whether the danger is a spiritual enemy, a physical opponent, or some other obstacle. No calamity will come near us because we worship Him. Therefore, since a new season is beginning today with the election of new leadership, let us strengthen our inner life with this conviction.

May the Lord Bless you all. Amen.