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The Lord Is Our Helper

Most people have faced a situation of despair at least once in their life. Challenged by circumstances that take “the wind out of their sails” and faced with no escape, they don’t usually press on. But there is a choice. In Christ, we can walk on water through the storm.

Peter walked on water to Jesus. The wind and the waves were raging, yet with the Master’s word in his heart, the impossible became possible. What a great moment! However, it was a moment short-lived. Because the storm blew in Peter’s eyes, he took his gaze off Jesus and began to sink.

The apostle Paul was continually challenged by adverse circumstances. He was imprisoned, beaten, starved, and shipwrecked. He was confronted by hunger, thirst, cold, and fatigue.¹ Yet the glorious news is “out of the all the Lord delivered [him].”² He walked through them to victory.

His many challenges remind me of an old song entitled “It’s Not An Easy Road.”³ Many of the words of this song highlight our triumph in God. Listen as the composer says, “The Saviour is with us. His presence gives us joy every day.” He continues, “Jesus guards and keeps us so that nothing can harm us, And

smooths the rugged path for our feet.” Oh, I love that! The answer is always Jesus and the Word God has given.

Our great and mighty God always keeps His Word. The prophet Jeremiah declared that God watches over His Word and performs it.⁴ The apostle Paul testified that Abraham was fully persuaded God would keep His promises.⁵ Elizabeth, the mother of John the Baptist, speaks of Mary’s faith saying, “Blessed is she that believed: For there shall be a performance of those things which were told her from the

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Lord.” Certainly, these three witnesses confirm the reality of God’s Word.

Yet there is additional confirmation. In the Old Testament, Balaam boldly spoke to King Balak, “Hath [God] spoken, and shall he not make it good?”⁶ King Solomon said to Israel, “There hath not failed one word of all his [God’s] good promise.”⁷ What amazing proofs of the faithfulness of our God.

God’s faithfulness carries us to victory. He keeps His promise, “I will never leave thee, nor

forsake thee.”⁸ But here is an important question. Is God merely holding our hand? Is He only watching us walk through life to record our faults and flaws or to make note of our difficulties? No. Oh, no! God is working with us. He is our helper. The words of God in the book of Isaiah agree. “Fear thou not; for I *am* with thee: be not dismayed; for I *am* thy God: I will strengthen thee; yea, I will help thee.”⁹

The writer of Hebrews tells us to boldly declare that God is our helper.¹⁰ He is our helper through all the difficulties that come against us. In his letter to the church at Rome, the apostle Paul gives us an imposing list of these difficulties. I love his list. Through a careful word study, we note pressure, antagonism, distress, pursuit, lack, danger, and war. Everyone understands what it means to be under pressure or to be antagonized. In those times, we are certain that circumstances and people are against us.



These circumstances cause distress. The word “distress” means to be in a narrow room, or in our modern vocabulary, to be in a jam. But hear the freedom from distress declared by the psalmist. “The Lord answered me, and set me in a large place.”¹¹ We are no longer penned down, hemmed in, or bound because God, our helper, has rescued us.

He has rescued us from man’s pursuit. When we are pursued, a situation or circumstance constantly follows us. Today, we would say someone is on our case, harassing us, undermining our integrity and questioning our intentions. So again, we boldly declare, “The Lord is my helper.” We do not fear what man can do because God is for us, and when God is for us, no man stands successfully against us.¹²

No man stands successfully against us, no circumstance brings lasting distress, when God helps us. He cares for us in all situations, even in times of lack. The King James translation of Romans 8 particularly mentions famine and nakedness. Jesus pointed us toward God’s answer, saying to seek first God’s kingdom and His righteousness, and then things, particularly food and clothing, would be added to our lives.¹³

Because God is our helper, He will keep us in perfect peace. He gives peace in abundant measure if our mind is stayed on Him. Even in times of peril and sword, or we’d say, danger and war, He delivers us. I love the concept of war given by one writer – a declared enemy.¹⁴ Many times, the declared enemy lives with us, is related to us, or was our close friend (we thought).

But here is the Word of the Lord. “Be kind one to another, tenderhearted, forgiving one another.”¹⁵ Furthermore, God said, “Restore such a one in the spirit of meekness.”¹⁶ How is that possible? The Lord is our helper. He will enable us to demonstrate His love and forgiveness.

Yes, God enables us when we are under pressure, when people antagonize us, when we are in a tight place and see no way out, or when someone is in constant pursuit, harassing, judging, and condemning us. In those moments, the Lord is our helper. And He is for us when we lack basic necessities or face danger and opposition. He will empower us to overcome every difficulty.

I like the words of God through the prophet Isaiah. God says, “I have chosen you and will not throw you away.”¹⁷ I believe that. I just believe it. He will keep His Word. When we turn to Him, no matter what situation we are up against, He will help us.

¹2Co 11:25-27 ²Ti 3:11 ³“It’s Not An Easy Road” by John W. Peterson ⁴Jer 1:12 ⁵Rm 4:21 ⁶Num 23:19 ⁷1Ki 8:56 ⁸Heb 13:5 ⁹Is 41:10 ¹⁰Heb 13:6 ¹¹Ps 118:5 ¹²Heb 13:6; Rm 8:31 ¹³Mt 6:33 ¹⁴Unknown author ¹⁵Eph 4:32 ¹⁶Gal 6:1 ¹⁷Is 41:9 NLT
