

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Help

"Great opportunities to help others seldom come, but small ones surround us every day." – Sally Koch

"It is the best thing for a stricken heart to be helping others." – Anonymous

"God's help is nearer than the door." – Gurney Benham

"Be brave enough to accept the help of others." – Melba Colgreve, Harold H. Bloomfield, and Peter McWilliams, *How To Survive the Loss of a Love*

"We can't help everyone, but everyone can help someone." – Ronald Reagan

One of the hardest things we will ever have to do in this life is to ask for the help of others. There is a measure of pride that makes it a struggle to seek assistance of any kind.

The term "help" appears 137 times in Scripture in the NKJV which include many cries for *help* from God. As self-sufficient as we think we are, it is troubling to realize that we are more vulnerable than we like to think.

"...You have been my help; do not leave me nor forsake me, O God of my salvation" (Psa. 27:9). "Make haste to help me, O Lord, my salvation! (Psa. 38:22). "God is our refuge and strength, a very present help in trouble. Therefore we will not fear..." (Psa. 46:1-2).

Certainly God is our great source of help. Taking it to the Lord in prayer is such a comforting thought. But there is also an aspect where Christians can and should help one another. "And I urge you also, true companion, help these women who labored with me in the Gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life" (Phil 4:3). "Bear one another's burdens, and so fulfill the law of Christ" (Gal. 6:2).

Paul wanted the early Christians to help others, as well as to help them bear another's burden. When burdens can, and do, seem to press us flat, we need the help of others to lift us up. And notice that Paul ties this with fulfilling the law of Christ. This is not just a mild suggestion, but in fact something that we need to take seriously.

It is hard to admit that we need help. We tend to shy away from saying anything because we don't want to be a burden to someone else. But the Lord is making us aware that we are to be more open about our needs. When we refuse the help of others, we are denying them the opportunity to help bear one another's burdens.