



CROSSROADS

"My help comes from the Lord, the Maker of heaven and earth." Psalm 121:2 | DEVOTIONAL 11

I have found myself at many crossroads in life where I was in desperate need of counsel, direction, and a growing need to take a break. In those moments I leaned on my strength and wisdom.

Particularly, a few months ago, I needed to make a decision that could possibly alter the trajectory of my life. Whatever path I chose would have far reaching effects and I was afraid of making the wrong decision. So, I scrolled through the contacts on my phone in a bid to seek wisdom for my dilemma. I was unable to reach the first person I called. The second person was busy and unable to have a conversation. When I finally got a hold of the third person who was available and willing to listen, I could not bring myself to have the conversation for it felt insignificant.

Each of those calls left me feeling more anxious and alone. In a moment of solitude, I turned to the Lord in prayer, seeking comfort and wisdom. I echoed the prayer of the Psalmist, **"I lift my eyes to the mountains, where does my help come from?"** David looked to the mountains, likely the distant mountains of Jerusalem as he travelled toward the city to fulfill his pilgrimage, yet he displays that his help was not in the mountains of Jerusalem but in God the maker of heaven and earth.

In his song, he meditates on God's help both to keep and preserve by His mighty power. He is confident that the almighty Creator watches over his servants with the gentleness of a caring shepherd and the vigilance of an alert guard. We have every reason to share the psalmist's confidence, for Jehovah does not change.

God helps us through the Holy Spirit who is a seal for redemption in believers; through the word of God that is a lamp unto our feet and a light to our path; through angels who act as ministering spirits to the saints and through fellow men that give godly counsel.

In my time of prayer, I discovered a profound sense of comfort in knowing that I could rely on God as my ever-present help in times of need.

If you are overwhelmed, discouraged, in need of direction and comfort, the Psalmist reminds us that He who watches over you will neither sleep nor slumber.

Prayer: Dear Lord, as I navigate the journey of life, I find myself in need of Your help, I recognize that I cannot accomplish anything without You. I look to You, and I put my trust in You my Savior and my Lord. In Jesus' name amen.