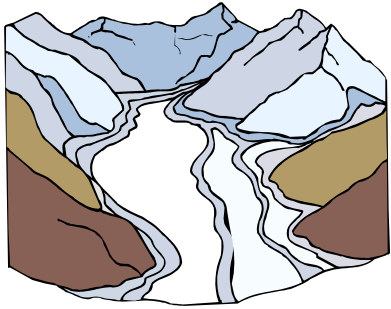


**“I lift up my eyes to the hills,
where does my help come
from? My help comes from
the Lord, the Maker of
heaven and earth.”**

(Psalm 121: 1-2)



This is a good question, “where does my help come from?” The man who said this was looking up toward the hills in front of him, where there are big rocks and high in altitude. But this man knows very well that the hills, in spite of all its height, it cannot be the source of his help. Many people and even ourselves, we look for help from big things around us like to the rich people, persons with high position, managers, directors, officials and even governors. Consequently, neither these people nor the high hills can be of support for us but only from the One who is above all and over all. He is Jesus the Lord.

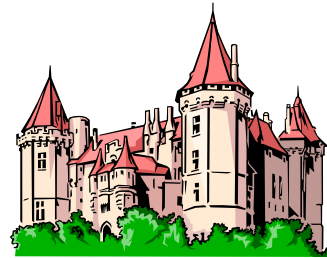
My help comes from the Lord: This is the definite answer. The Lord is

the right resource of help. But we often forget, or we do remember but we never put it into practice. God is **the Maker of heaven and earth.** And only due to Him that we have the fountain of help, our Lord Jesus Christ who came to save us from sin and death. He is calling us to receive His gift of eternal life. His love and compassion sustain us in our journey as we hear His gentle voice calling, **“Come to me, all you who are weary and burdened, and I will give you rest.”** *(Matthew 11: 28)*



MY PRAYER

Father God in heaven, the Creator of heaven and earth; I come to You with thanksgiving in my heart for Jesus who died on the cross to give me eternal life. O Lord, from whom my help comes, today I am weary and burdened but I look only toward You. Guide me and help me to carry my heavy load. Take my burden; I want to enter into your rest. In Jesus’ name I pray, Amen.



“I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”

(Psalm 91: 2)

The Lord Is My Shepherd

Vol. 2 Issue 8



**“Trust in the Lord and do good;
dwell in the land
and enjoy safe pasture.”**

(Psalm 37: 3)