

“Unless the LORD had given me help, I would soon have dwelt in the silence of death. When I said, “My foot is slipping,” your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul.” (Psalm 94:17-19)



Life is so difficult without the Lord; trials, troubles and hardship will pass on man's life. But how man will face all that especially he is weak and he needs help?

Unless the LORD had given me help, I would soon have dwelt in the silence of death: Help will come only from the Lord, the maker of heaven and earth. People can be an instrument but help comes only from the Lord the maker of heaven and earth. Trials will knock us down and throw us away but help and life comes from the Lord. God's help will rescue us from death and the snare of the devil, as God's word states:

¹ He who dwells in the shelter of the Most High will rest in the shadow of the Almighty ² I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” ³ Surely he will save you from the fowler's snare and from the deadly pestilence. ⁴ He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. ⁵ You will not fear the terror of night, nor the arrow that flies by day, ⁶ nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. ⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. ⁸ You will only observe with your eyes and see the punishment of the wicked. ⁹ If you make the Most High your dwelling—even the LORD, who is my refuge—¹⁰ then no harm will befall you, no disaster will come near your tent. ¹¹ For he will command his angels concerning you to guard you in all your ways; ¹² they will lift you up in their hands, so that you will not strike

your foot against a stone. ¹³ You will tread upon the lion and the cobra; you will trample the great lion and the serpent. ¹⁴ “Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. ¹⁵ He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. ¹⁶ With long life will I satisfy him and show him my salvation.” (Psalm 91:1-16)

When I said, “My foot is slipping,” your love, O LORD, supported me: God's support us when we fall down or when someone push us and try to harm us. God would help us and strengthen us with his grace and mercy. The Lord in these moments would do miracles in the lives of His people and would deliver them from trials.

When anxiety was great within me, your consolation brought joy to my soul: The Lord with His promises will comfort us and sustain us physically, emotionally and spiritually at the times of trials.



My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give eternal life. Lord thank you for your word and your good promises to me. Thank you for all your help and mercy to me in times of troubles. Lord increase my trust and confidence in you and lead me in the way that you wants me to go and provide for me so I can continue to serve you, this is my prayer in Jesus name Amen.



“I love the LORD, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.”

(Psalm 116:1-2)

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The Lord Is My Shepherd

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¹ In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. ² Turn your ear to me, come quickly to my rescue; be my rock of refuge.”

(Psalm 31:1-2)