



June 30, 2008

Thought For the Day

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

In the movie *The Sound of Music* one hears a beautiful song that says:

**“The hills are alive with the sound of music,
With songs they have sung for a thousand years.
The hills fill my heart with the sound of music,
My heart wants to sing every song it hears.”**

Like many, I love to travel in the mountains. There is a majesty and a beauty and a sense of the awesomeness of God that one can find in few other places. The above song captures the fact that people have felt this way for ages.

The ancient Hebrews saw the hills around Jerusalem as a source of strength and security. But the people of great faith knew to look beyond the hills and above the hills to the One who had created them. They knew that their ultimate security came from God, the creator of all things. The hills they saw simply reminded them that God was an awesome God, a God of power and might and glory. So the question the writer asked – “Where does my help come from?” – was simply a device that enabled him to declare his faith in an awesome creator God.

That is an affirmation we do well to carry in our souls. In this time of seemingly never ending unsettling news, it is good to remember that whatever our need, whatever our circumstance, or whatever our task is, the Lord, the creator of heaven and earth will be our help. The God who is big enough to make the world and the awe inspiring mountains is big enough to help us, no matter what.

So lift up your eyes! Lift up your voice! Lift up your faith! You are in good hands!

O God, you who are the creator of all things, you are my helper. In you I will trust. I need not be afraid.