

Say the Word  
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I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. Psalm 121:1-2

It's fascinating to witness the change in behavior when a person learns that I'm a pastor. Some people express an instant sense of guilt or insecurity. It's awkward. If someone has been using foul language before they realize the reverend's presence. They may apologize to me, or if a word or two slips out they may say something like, "pardon my French." I don't usually consider myself the "bad word police," but today I would like to set you free from one lexical prohibition. I hereby declare that it's allowable to use the h-word. What h-word am I speaking of?

Help.

This may be shocking to some of you. After so many years of actively avoiding the h-word, it may be difficult to even bring it to your lips. Self-sufficiency and rugged individualism were drilled into you. Only the weak use the h-word. Or maybe you're embarrassed by your inadequacies and would rather prefer nobody knows. To use the h-word would signal defeat and failure. Maybe, deep down, you know you need the h-word, but to actually say it would make it too real, too painful. Say it anyway.

To need help is to be human. Adam, the first human, needed help. And this was true before sin even came into the picture! Eve was called "a helper." Adam couldn't do it alone, and neither could Eve. God made us to need help from each other. So, if the first humans needed help before sin wrecked this place, how much more might we need it now!

Let's just be honest with ourselves and others. We all need help.

Who should hear us use this previously forbidden word? I think it starts with God. The Psalms are filled with cries for help. Check them out. Sometimes just saying the words of a Psalm brings healing. Pray to God. He knows your need. He sent Jesus to be our Savior before we even existed. You may wonder if just saying the h-word to God will be enough. Sometimes it is. There are times when I feel a deep comfort after such a prayer. However, God also has a great way of bringing assistance from other people. They need to hear you say the h-word, too.

For many of us, it's harder to ask others for help than to ask God. God has equipped people with all sorts of different gifts. If you need physical help, find someone stronger or more capable than you. If you need relational help, phone a trusted friend or seek out a Christian therapist. Spiritual help is a neglected area of need. This is where your pastors come in, or maybe someone who has a deep spiritual maturity. I love helping people walk with Jesus through their challenges. But I'm not that good at guessing who needs my attention. Just say the word.

Help is here... from God. He loves you.