

⁷ The Lord is with me; he is my helper. I look in triumph on my enemies.

⁸ It is better to take refuge in the Lord than to trust in humans.

⁹ It is better to take refuge in the Lord than to trust in princes. Psalm 118

The Lord is with us

The word “*Immanuel*” - literally means, “with us is God”; it appears twice in the Old Testament and once in the New Testament - in other words, “God with us”. It means, the “**Actual Presence of God is with Us**”. This is a very powerful statement. We are assured that God has not stranded us or set us adrift. God is here, helping us, even if we are temporarily not noticing this or we are at the present time not “feeling it”. This is extremely important, because we sometimes “feel like” God is not present.

Our “feelings” do not determine the reality of God,
God determines that, not us.

An old friend of mine often told me, “If God does not seem close, who moved?” Try to not let your anxieties push God to the fringe of your life. Tell God you are very much in need of him right now and watch for God to make himself known. Pay attention and let God help you.

The Lord is our helper

In the Old Testament, the word “*helper*” is used for a person or for God; One that provides aid/relief, One that is able to help others. **Our God is able** to come along side and to provide aid/assistance. Right now, we need that, maybe more than ever!

Take refuge in the Lord

In the Old Testament, “*refuge*”, means shelter or protection from danger or distress. The main thought behind the word refuge is **security**. God is referred to many times in the Old and New Testaments as our refuge, our strong tower and our strong defense. Each time, this thought is presented with the very personal concern God has for each one of us. Security. This word carries with it a definite underpinning that this defense is very personal. God knows that we are very anxious and that we need help in reaching out to God. Please let God know you are scared and let God know you are ready to receive God’s help.

Trust in the Lord

The word for “*trust*” here in Psalm 118 is tied directly to the meanings of refuge and helper. It is linked to the kind of trust only God can provide; not rulers and not those with power. Immanuel - “God with us”; he is our helper and refuge. We can trust God now in these trying times, because he is able, he knows us personally and he is acquainted with our particular anxieties and fears. Only God is equipped to deal with the kind of stress we are all dealing with right now.