

Devotion 22:

Our Father Helps The Poor And Needy

Psalms 1—150

When read together, the 150 Psalms have a clear message: because of His unfailing love, our Father is a refuge, deliverer, and savior for the poor and needy.

His *unfailing love* is mentioned over 25 times.

His being our *refuge* is mentioned over 25 times.

His being our *deliverer* is mentioned over 40 times.

His being our *savior* is mentioned over 30 times.

Most of the psalms are cries for help from desperately dependent children of God. Although the timing and manner of the help is not always clear to those in need, one thing is for sure: they are expecting eventual help to come from our Father.

Two categories of people emerge from the Psalms—the proud and the humble. Our Father opposes the proud, those who rely on their own resources for strength. But He delights in the humble, those who know and live their dependence on Him. He seems to love to help those who can't possibly help themselves. Listen to Psalm 86:1, 5-7:

“Hear, O Lord, and answer me, for I am poor and needy...You are forgiving and good, O Lord, abounding in love to all who call to you. Hear my prayer, O Lord; listen to my cry for mercy. In the day of trouble I will call to you, for you will answer me.”

And to Psalm 147:10-11:

“His pleasure is not in the strength of the horse, nor his delight in the legs of a man; the Lord delights in those who fear him, who put their hope in his unfailing love.”

C.S. Lewis believed that pride was the ultimate evil (see *Mere Christianity*, book III, chapter 8). It leads to every other vice and is the complete anti-God state of mind. Pride is competitive and always leads to enmity between man and man, and man and God. As Lewis puts it:

“In God you come up against something which is in every respect immeasurably superior to yourself. Unless you know God as that—and, therefore know yourself as nothing in comparison—you do not know God at all. As long as you are proud you cannot know God.”

Given that the above statement is true, then the psalmists knew our Father quite well. It is evident that they swallowed whatever pride they had and came begging to our Father,

knowing that if they were to be delivered, if they were to be saved, our Father would have to be the One to do it.

This humility is not natural, especially to Americans. Many of us believe the following statement comes from the Bible: “*God helps those who help themselves.*” The author is actually Ben Franklin and he penned this self-reliant quote in his *Autobiography*. According to the truth in Scripture, the opposite is true:

“For he will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is their blood in his sight.” Ps. 72:12-14

So what are the circumstances in your life today? Are you poor and needy? Are you in a place where your strength and your resources no longer work? Are you trying to be freed of guilt, enemies, evil, suffering, sin, accusers, or even death? If “yes,” good! Our Father is just waiting to hear from you. Because of His unfailing love, He is a refuge, deliverer, and savior for you! “*Our help is in the name of the Lord, the Maker of heaven and earth.*” (Ps. 124:8)