

MY HELP COMES FROM THE LORD

FROM PSALM 121, VERSES 1-3

KRISTINE GOH, SATURDAY, 4.30PM SERVICE

I lift up my eyes to the mountains— Where does my help come from?

My help comes from the Lord, the Maker of heaven and earth.

He will not let your foot slip— he who watches over you will not slumber

INDEED!

These verses made a lot of sense to me when the middle finger of my left hand was bleeding away after being slammed by a thick and heavy “fire door” in my apartment on 25 April 2020.

I am a senior living alone in a 2 room apartment. Surprisingly, the injury led to the following thoughts :

1. Fear because it was bleeding quite badly
2. Panic because I live alone
3. Anxiety because I WAS NOT SURE of the extent of injury. My question was :

- What if the bones in my finger were broken/ crushed during this Covid-19 outbreak with Circuit breaker measures...
- Who will DEFY orders to help me?
- Suddenly, Psalm 121 flashed across my mind "I lift up my eyes to the mountains— Where does my help come from? My help comes from the Lord, the Maker of heaven and earth...

Before the injury

I was confident that nothing bad will happen to me during this period of Circuit Breaker measures of #StayHome #StaySafe even though I live alone.

WHY WAS I SO SURE?

Main Reasons:

1. I almost died during a traumatic injury in 1991 yet I SURVIVED up to this day. I am well and generally in good health though I am not young
2. In 2012, I was almost knocked down by a car when I suddenly crossed a busy road junction in Johor, Malaysia, yet I stood among the vehicles unharmed.
3. Therefore, what harm can come to me when I am now in my safe home in Singapore?

Contemplative Reflections

My confidence in the Lord was based more on my past experience.

Then why did I have such fearful related feelings when I saw my finger bleeding, badly bruised and swollen?

Just a finger, small matter!

Then it dawned upon me that I am still human in the midst of so much bad news around me. When I panicked, I forgot that the GOD I believe in is JESUS GOD, who is TRUE and LIVING.

Around the world, many have been infected by COVID-19. This virus affects us all, but seniors are at a higher risk of dying if infected. As a senior, thinking about this had negatively impacted me.

But now that I am willing to acknowledge my fears, I can bring them to the LORD daily. I can present my requests and search the BIBLE for encouragement, comfort and peace.

Deeper insightful thoughts flowed.....

- Yes, Kristine, you have been a Christian since 1966.
- Who is this Jesus God to you?
- Who is this God to you, in the PAST, PRESENT and FUTURE?
- He is Jesus GOD to me because he sent his only begotten son, Jesus CHRIST to die on the cross for my sins so through HIS DEATH AND RESURRECTION, I CAN HAVE MY SINS FORGIVEN. Therefore I can go to heaven upon my final breath on earth. This is what the bible says:

“ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. “

John 3:16

Jesus Christ is the SON of GOD, who died on the cross for my sins. So during this COVID-19 OUTBREAK, what does believing in Jesus mean to me?

It is important to me because if I ever get infected at this vulnerable age, I need not fear of death because I know for sure that Jesus has defeated death and I will go to be with Him in heaven. I need not despair because God is in control. Immediately, a peace flooded my soul. HE is indeed the GOD of the PAST, the Present and the FUTURE!

PRAYER

Dear Loving Father, I thank you that from now onwards, I need not fear because you are the Sovereign One, and You are in control of my life. Lord Jesus, You are my Light and my Salvation. Amen.



Kristine Goh