

March 23, 2022

Asking for Help

Psalm 40:5-10

“⁶...but You have given me an open ear”

And what have I done with that “open ear?” That question did not occur to me when I first started contemplating this devotional message. But the more I read these verses in various versions and translations, the more I felt convicted of my feelings of inadequacy and failures.

You see, my eye kept being caught by the psalmist’s recital of his actions of preaching and speaking and reciting the wondrous deeds of God, of Her faithfulness and saving power. *The Message* says God threw a party for me and I’m coming to that party!

Over and over the psalm tells us that there is joy in having God’s law within us, and that the response of such joy is action.

As I sat with my not-joy feelings, “Why are you cast down, O my soul?” came into my mind. I looked it up: Psalm 42:5 The translation I feel best describes my feeling is “Why have you agitated me, my soul and why have you perplexed me?” in the *Aramaic Bible in Plain English*.

That’s how I feel reading this portion of Psalm 40 right now as I prepare this devotion. I read the whole verse and it continues: “*Look for God, because I shall again praise him, The Savior of my entire being, and my God.*” As I pondered why this verse popped into my head, I was urged to read the whole of Psalm 40. And there in the very last verse was this:

*17 As for me, I am poor and needy, but the Lord takes thought for me.
You are my help and my deliverer;
Do not delay, O my God.”*

We are to be **people of action**, not just readers of words. And so when I feel inadequate and unresponsive, I must ask for the help I need to get up and do what I, what we, are called to do and be: Children of God who share with all we meet the LOVE of God for each and every human being on this planet, one person, one word, one small action at a time.

Praise God for the connections we have with each other and with God both in times of joy, and the times when we need help.

Prayer: *Gracious and loving God, in those times we feel adrift and alone remind us to ask for the help we need; the help that comes from You and the Holy Spirit, and from our fellow pilgrims on the journey. Amen.*

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