

September 22, 2024

Help Me!

Psalm 109:26-31

My favorite prayer is “Help me!” I use it in extreme situations such as the time my daughter had a malignant cancerous tumor. I use it in the trivial moments of driving in bad traffic or trying to run up a hill. The Bible gives examples of how others have prayed this simple but effective prayer. David’s simple and concise request encompassed a lot of background angst (Psalm 109:26). His enemies were pressing in and trying to kill him, the mentally troubled King Saul was determined to eliminate him, and he was on the run. In the New Testament, a Canaanite mother approached Jesus (Matthew 15:25). Her daughter was possessed by a demon, and she went to the Lord with a simple “Help me.” Her persistent faith won Jesus over, and her daughter was healed.

Part of our take-away from this is a reminder that none of us approaches God for help based on our merit. David had multiple sins in his past, and the Canaanite woman was a pagan. Neither one could show their credentials as they made their request for help. But God answered their prayers not based on their worthiness but on the extravagant grace and mercy that flow from God’s heart. This is good news for us today as we stand before God needing help. We can’t earn grace, but we can receive it.

David’s response to God’s intervention in his crisis was to “give great thanks to the LORD with my mouth; among a great crowd I will praise God” (Psalm 109:30). Do we do that? Do we remember not only to thank God for the intervention but to do so in front of an unbelieving world?

As United Methodists, we vow to support our churches with prayers, presence, gifts, service, and witness. Notice that last word. Like David, we are called to give witness to the power of God in our lives in a way that shows people who God is and whose we are. Like David, we have opportunities to praise God among the great crowds. Who knows what an impression that might make? We don’t even need a pulpit. I once met a woman who noticed that I used the word *blessed* a lot. Finally, she asked me about it, and I had a chance to give my testimony. Even our word choices can be a witness to our faith and enable us to praise God to others in ways that are invitational and approachable.

1. Have you ever felt an urgent need for God’s help? What happened?
2. When you felt this urgent need, what was your go-to prayer?
3. How do you praise God for divine intervention?

Betsy Haas is an ordained United Methodist minister (retired) who serves as a pulpit supply preacher and women’s events speaker in the Outer Banks in North Carolina. She and husband, Kenn, have two daughters and six grandchildren. She is an avid runner, traveler, and reader. Adapted from [Daily Bible Study](#), Fall 2024, copyright © Cokesbury.