



Unto The Hills

Unto the hills around do I
lift up
My longing eyes
O whence for me, does my
salvation come?
From whence arise?
From God the Lord, does
come my certain aid
From God the Lord, whom
heav'n and earth hath
made.

Is that a familiar hymn for you? It comes into my mind often as I travel the roads around my home and see the hills and mountains on every side. As I rehearse it in my mind, I am reminded to look to God for help.

It is not always our first response, is it? When a new obstacle or bad news suddenly appears, our instinct is often to phone our spouse or a friend. We either start to panic or switch immediately into problem solving mode, trying to figure out ways to make it go away.

As the years go by, I feel like I'm slowly learning to turn to God first. Last week, however, I was challenged to take this to another level and model it to my family and the people I work with and for.

We were praying through Psalms 121 with the Northview Daycamp volunteers on Tuesday, and I felt like God was nudging me to examine the ways that I respond when people who are in trouble, come to me. The more I thought about it, the more I realized that although I may turn to God for my personal concerns, I often try to solve other people's problems on my own.

When my kids come home from school and tell me about a situation that hurt or upset them, I attempt to listen well, to understand, to support them, and to help them come up with a plan of action for the future.

Those are all good responses, but are they the best ones? Wouldn't it be better for me to **FIRST** say, "Thanks for sharing that, let's bring it to God together"?

Then, after we have laid out the situation before Him in prayer, once we have asked for His perspective, and have acknowledged that He is the source of our help, we can pray for His wisdom and guidance and turn our thoughts back to the situation at hand.

I'm going to ask God to help me remember this. Will you join me?

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. Psalm 121:1-2

After the weekend....

I wrote this devotional last week and then had the opportunity to spend some time with Bev on the weekend. As I listened to her share from her heart on the occasion of her youngest son's wedding, I was reminded that this exact practice of looking to God for help was something that Bev modeled so faithfully to me in the 2 1/2 years we worked together.

Everytime we discussed personal and work-related challenges Bev redirected the conversation, at some point, to God, and brought the matter before Him in prayer.

So, as she steps away from her position of Pastor of Women to rest and regain health at this time, we want to do the same for her, and on her behalf. Thanks for all you have shared with us, Bev. Thanks especially for pointing us to our greatest source of help: God himself.

Blessings to you today,

Kristal Toews