

Psalm 108:12, “Give us help from trouble: for vain is the help of man.”

Psalm 60:11, “Give us help from trouble: for vain is the help of man.”

I love it when I see a verse repeated word for word. It catches my attention. When I was growing up, I always knew something was very important and should be committed to memory when my parents repeated it word for word.



Trouble is something that will continue to come our way as long as we live in this sinful world. Knowing who to turn to in the day of trouble is the key. When my daughter was young, I would tell her often to come to us in her day of trouble instead of her friends. I would give her the following reasons why it is wise to do so:

- 1) Your parents have more experience than your friends. We have most likely already been down this road and know the consequences of taking the wrong road. We can guide you as to the right road to take.
- 2) Your parents are accountable to God for you, not your friends. Anytime God makes one human accountable for another, He gives that person His wisdom when dealing with each situation. And in the day of trouble, Godly wisdom is what you need.
- 3) Our goal will be to help you learn what the Bible says about a situation so you can grow spiritually through each difficulty, learning the lesson God wants you to learn.
- 4) We will help you to not make decisions based upon emotions and if you fail we will not embarrass you by telling others. We won't be tempted to gossip about you to others.

As an adult, I find the reasons to turn to God in the day of trouble quite similar:

- 1) God has more experience than anyone I know. He already knows the right road to take.
- 2) God created me and I represent His name. My life is a testimony of Him. Therefore, He takes seriously His desire to help me represent Him to the lost. He will give me Godly wisdom during my time of trouble.
- 3) During each time of trouble, I have found that He has opened His word and taught me valuable life lessons. I simply have to get my eyes off the trouble and put them on Him.

- 4) God's Word helps me control my flesh and my emotions. I can always depend on Him to lift me up and encourage me.

Additional verses:

2 Chronicles 15:4, "But when they in their trouble did turn unto the LORD God of Israel, and sought him, he was found of them."

Psalm 9:9, "The LORD also will be a refuge for the oppressed, a refuge in times of trouble."

Psalm 22:11, "Be not far from me; for trouble is near; for there is none to help."

Psalm 27:5, "For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me upon a rock."

Psalm 32:7, "Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah."

Psalm 37:39, "But the salvation of the righteous is of the LORD: he is their strength in the time of trouble."

Psalm 41:1, "Blessed is he that considereth the poor: the LORD will deliver him in time of trouble."

Psalm 46:1, "God is our refuge and strength, a very present help in trouble."

Psalm 50:15, "And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me."

Psalm 59:16, "But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble."

Psalm 86:7, "In the day of trouble I will call upon thee: for thou wilt answer me."

Psalm 91:15, "He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him."

Psalm 102:2, "Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily."

Psalm 107:19, "Then they cry unto the LORD in their trouble, and he saveth them out of their distresses."

Psalm 119:143, "Trouble and anguish have taken hold on me: yet thy commandments are my delights."

Psalm 138:7, "Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me."

Psalm 142:2, "I poured out my complaint before him; I shewed before him my trouble."

Psalm 143:11, "Quicken me, O LORD, for thy name's sake: for thy righteousness' sake bring my soul out of trouble."

Proverbs 12:13, "The wicked is snared by the transgression of his lips: but the just shall come out of trouble."

Isaiah 26:16, "LORD, in trouble have they visited thee, they poured out a prayer when thy chastening was upon them."

It must sadden God's heart when we only come to him when we are in trouble.

Psalm 10:1, "Why standest thou afar off, O LORD? Why hidest thou thyself in times of trouble?"

Jeremiah 11:14, "Therefore pray not thou for this people, neither lift up a cry or prayer for them: for I will not hear them in the time that they cry unto me for their trouble."

THE FINAL DAY OF TROUBLE FOR THE CHRISTIAN!

Daniel 12:1, "And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to the same time: and at that time thy people shall be delivered, every one that shall be found written in the book."

Nahum 1:7, "The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him."

I am so thankful that God knows me and that my trust is in Him alone!