

# THE LORD IS MY HELPER

Hebrews 13:5-6

May the Lord use these pages to strengthen your faith, sharpen your discernment, and draw you closer to Him.

# The Lord is My Helper



## Scripture

*“Keep your life free from love of money, and be content with what you have, for he has said, ‘I will never leave you nor forsake you.’ So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”*

*Hebrews 13:5-6*

First, let’s read from the Old Testament

Psalm 118:5-7 “Out of my distress I called on the Lord; and the Lord answered me and set me free. The Lord is on my side; I will not fear. What can man do to me? The Lord is on my side as my helper; I shall look in triumph on those who hate me.”

*What can man do to me?* Imagine if we approached life through that lens.

Deuteronomy 31:6 “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

Imagine if that was top of mind every time we faced something difficult.

The author of Hebrews is unknown, but whoever it was, he looked to the Old Testament for wisdom. (Remember, the New Testament was not yet available as a resource!) The author drew from the Old Testament verses above to teach early Christians about God. God goes with you. God answers when you call. God is true

The passage from Hebrews doesn’t start there though. It starts with a command to “keep your life free from love of money, and be content with what you have.”

The author is connecting two things that we really like to keep separate — our attachment to worldly things and our ability to live out our faith. Are they really connected?

If you are chasing money, comfort, approval, or status, then you are at the mercy of man. Contentment, however, fosters courage. When you’re not concerned with what the world has to offer, how can you be afraid of what the world might take away or withhold from you? When you’re content in the world, you can focus on the will of God.

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## What it Means

The meaning of these verses isn’t hard to sort out. In short: Clear out your desire for things of this world so the world will have nothing to hold over you. God is with you. Always. Don’t be afraid.

This passage doesn’t say everything will be easy and it doesn’t say everyone will like you. It tells you: don’t be concerned with all of that. It says that God has made you a promise. God will not abandon you. In that, you can be confident. If that is true, what else do you need?

How certain can we be? Let’s look at a couple of the words used in this passage and how they translate.

### WORD STUDY

The word “never” in this verse is actually a double negative in Greek. It is **oo me** (oo-may) and it combines “oo” which is used before a verb to apply an absolute negative and “may” which, in this context, means ‘never.’ By using the double negative, this effectively means ‘absolutely never.’ It is used to make the meaning of the word ‘never’ twice as strong. He will ‘never, ever’ leave you or forsake you.

The Greek word for “helper” in this passage is **boethos** (bo-ay-thos’). It means to ‘come to’ or ‘run to’ but it also comes from a word that means to cry or call out. This word, translated as ‘helper,’ means ‘one who runs to a call for aid.’ God isn’t your assistant or someone standing by for support — He is the one who hears your cry and runs to your aid.

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## Discern the Truth

It is easy to say we trust God or to tell someone, in their time of trial, to trust God. But when you’re in the world and someone is looking at you disapprovingly or telling you that you are unkind, unloving, or judgmental, the fear of man is suddenly very real. It isn’t necessarily fearing for your safety or even your well-being. It is the fear of being judged. It is the fear of upsetting others or being mocked or cast out.

The fear is real, but so is God. When we remember His constant presence and His promise to be a helper in our times of need, we can begin to show more courage in our interactions and more boldness in our walk of faith.

The truth is, there is nothing that anyone can do to you that God doesn’t have a plan for. You don’t have to shrink your presence or water-down your words just to keep the peace.

Hebrews 13:5-6 isn’t asking you to pretend you are not afraid. It is asking you to act through your fear, knowing that God is with you.

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*When we truly believe God is with us, the approval or disapproval of man loses its power over us.*

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## Observe & Apply

Because you know the truth, man should have no power over you. But in the hustle and bustle of life, keeping the peace with your fellow man is the easy way to keep moving forward in the day. Do you water down the truth sometimes just to keep the peace? Do you feel God with you when you’re in that moment or do you only feel Him with you when you’re sitting down with your Bible study or in small group or in church?

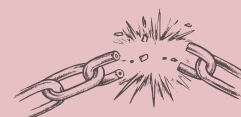
- If Jesus was physically standing next to you and backing you up, would you act or speak differently?
  
- Who are the people that you try to avoid offending? Family, friends, neighbors, co-workers? Are there topics you avoid with them in order to keep the peace?
  
- Would you risk your relationship with God in order to not offend them?
  
- How does the promise of “I will never leave you nor forsake you” change the way you want to respond to pressure from people? What if you changed that today — and inspire someone else to do the same?

Refuse to live in fear of what others may think or say. This is true freedom. This is what it means to live **Safe in Christ**.



# ENSNARED NO MORE: DAILY MOMENTS OF DISCERNMENT

VOLUME 1 · MOMENT 3



EnsnaredLife.com

I launched EnsnaredLife.com with a desire to curate honest, truth-telling content alongside simple, purposeful things that strengthen a woman’s walk with Christ or just add a little sunshine into the day. I am not a theologian or a professional blogger. I just wanted to learn something new while seeking wisdom and discernment every single day.

I value any time when I can sit alone, or in a small group, and study God’s word, but I really wanted something that I could truly grab onto — something deeper than a quick devotional, more meaningful than what’s usually on the shelf, yet still doable in the middle of real life. Most of all, I wanted it to be honest, without watering down or ignoring hard truths.

After much prayer about where to take this project, these **Daily Moments of Discernment** are the result. I pray that these short, standalone moments point you straight back to Scripture and help you live **Safe in Christ** — free from the snares that easily entangle us (Proverbs 29:25).

May the Lord use these pages to strengthen your faith, sharpen your discernment, and draw you closer to Him. And, may I continue to learn and grow as I create each one.

Thank you for supporting this project!

All Scripture quotations, unless otherwise noted, are taken from the 2001 ESV translation.

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