

Thou Art My Help and My Deliverer

*But I am afflicted and needy;
Hasten to me, O God!
Thou art my help and my deliverer;
O LORD, do not delay.*

[Psalm 70:5](#)

If you look at Psalm 70 in its entirety, you will find that the whole psalm is a heartfelt cry to God for help. However, there is a very confident statement in the midst of the cry: “Thou art my help and my deliverer.” David knew that the only one who could help him was God. How can we be certain of that as well, and have the confidence of David who wrote “Thou art my help and my deliverer?” Let’s look at Matthew 24:14-23 for further insight into this important concept.

And immediately He made the disciples get into the boat, and go ahead of Him to the other side, while He sent the multitudes away. And after He had sent the multitudes away, He went up to the mountain by Himself to pray; and when it was evening, He was there alone. But the boat was already many stadia away from the land, battered by the waves; for the wind was contrary. And in the fourth watch of the night He came to them, walking on the sea. And when the disciples saw Him walking on the sea, they were frightened, saying, "It is a ghost!" And they cried out for fear. But immediately Jesus spoke to them, saying, "**Take courage, it is I; do not be afraid.**" And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." And He said, "**Come!**" And Peter got out of the boat, and walked on the water and came toward Jesus. But seeing the wind, he became afraid, and beginning to sink, he cried out, saying, "Lord, save me!" And immediately Jesus stretched out His hand and took hold of him, and said to him, "**O you of little faith, why did you doubt?**" And when they got into the boat, the wind stopped. And those who were in the boat worshiped Him, saying, "You are certainly God's Son!"

[Matthew 14:22-33](#)

As Peter is sinking into the rough waters of the Sea of Galilee, he cries, “Lord, save me!” In the midst of his distress he utters the simplest prayer. He cries to the One who is able to deliver him, and Christ reaches out and grasps Peter’s hand. How can the details from this remarkable account in Matthew help us understand God as our help and deliverer?

Peter waited for Jesus to bid him to step from the boat before he proceeded. He wanted to make sure he was walking in the will of the Lord. Walking in God’s will is a critical factor in avoiding trouble. In fact, the safest place to be is in the center of God’s will. It does not mean you won’t experience tribulations, because these can be in the will of God as well, as He refines you in holy fire. Remember, the disciples were exactly where Christ sent them, yet they encountered a storm. It is also good to note that even though the disciples encountered a storm, they persevered and did not turn back from what Jesus told them to do.

I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.

[Romans 12:1-2](#)

Peter expected a miracle. He fully expected to be able to walk on the water because Jesus told Him to come. He had been a witness to God's awesome power, as he had seen Jesus perform many other miracles. We should also expect miracles, since God is fully able to perform them. Miracles are an awesome way that God reveals Himself as our help and deliverer.

And behold, there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent double, and could not straighten up at all. And when Jesus saw her, He called her over and said to her, "**Woman, you are freed from your sickness.**" And He laid His hands upon her; and immediately she was made erect again, and began glorifying God. [Luke 13:11-13](#)

Jesus is there in the midst of the wind and the waves. When my husband and I led our first tour to Israel, we crossed the Sea of Galilee in a small boat with our group. The sea was smooth as glass, and the day was sunny and pleasant. We thoroughly enjoyed beautiful sights and sensations of sailing across this vast lake. Soon after we arrived on the opposite shore, a storm blew in causing the sea to be rough and black, and high waves began crashing over a stone wall at the edge of the lake. This experience made us think of the disciples who very likely started their trip in calm waters, and then a storm suddenly descended upon them. They were similarly experiencing high waves and contrary winds in the black of night, and yet there was the Lord! No trial is too difficult that He cannot be in its midst, helping you.

And the LORD is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear, or be dismayed. [Deuteronomy 31:8](#)

Jesus will speak to you during the trial. The voice of the Shepherd will be clear to you. He will say, "take courage. . .do not be afraid." Why does He say this? Because He is with you and He wants you to be of good cheer, even while you are undergoing a trial. He wants you to draw your strength from His presence.

Finally, be strong in the Lord and in the strength of His might. [Ephesians 6:10](#)

My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they shall never perish; and no one shall snatch them out of My hand. [John 10:27-28](#)

Doubt will cause you to sink. Peter took his eyes off the Lord and looked at the waves, and then doubt flooded his heart. Keeping your focus on Jesus and believing in what He can do will protect you from doubt. Doubt is one of the enemy's prime weapons against believers, because Satan wants it to make us be afraid and to turn back from what the Lord wants us to do.

My husband and I lived in a mountain community for a while, and we helped build our house. He and I did the roofing, nailing on hundreds of shingles onto the steeply pitched roof. As we were working we used climbing equipment and our ropes were tied securely to a beam in the roof. While I was working I found that if I looked down and saw how high I was from the ground, then I would begin to doubt my safety and a little bit of fear

would creep into my mind. However, if I trusted my equipment, avoided looking down and just continued to do the work, then I could work confidently without fear.

Just as I trusted the climbing harness and rope and was able to continue in the work I had to do, Jesus wants us to trust Him and have faith that He is with us and is able to do all things. Then by walking in that faith and trust we will be better able to complete the tasks He gives us to do. If you struggle with doubt, ask the Lord to increase your faith.

And Jesus said to him, " **If You can!** All things are possible to him who believes."
Immediately the boy's father cried out and began saying, "I do believe; help my unbelief."
[Mark 9:23-24](#)

He does not tarry. Note that *immediately* He reached out His hand to Peter when Peter cried for help. In whatever trial or difficult circumstance you find yourself, before the trial is too much for you to bear, He will deliver you. It is important to realize that God may allow you to go through a certain amount of trial to refine you, but He will never have you go through more than you can bear (I Corinthians 10:13). Jesus immediately reached out to Peter because Peter would have drowned had He not; Jesus will not let you drown, either. When you need to, cry out to Him as Peter did, "Lord, save me!"

Now I know that the LORD saves His anointed;
He will answer him from His holy heaven,
With the saving strength of His right hand.
[Psalm 20:6](#)

He has the power to pull you out, take you to safety, and stop the wind and the waves. The Lord is able to do anything and is in control of all circumstances, no matter how dire they seem.

I know that Thou canst do all things,
And that no purpose of Thine can be thwarted.
[Job 42:2](#)

Give the Lord the honor and worship that is due Him. When the disciples saw what Jesus had done, they worshipped Him. Praise to the Lord should continually be on our lips, but especially so when He has shown His awesome power when helping us.

*And call upon Me in the day of trouble;
I shall rescue you, and you will honor Me.*
[Psalm 50:15](#)

*Praise Him for His mighty deeds;
Praise Him according to His excellent greatness.*
[Psalm 150:2](#)

Questions for personal study:

1. Read Romans 12:1-2. In order to know God's will we must present our bodies as a living and holy sacrifice, acceptable to Him.

- In what way(s) is your body not a living and holy sacrifice?
- What can you do to change this about yourself?

2. Read Psalm 27. In verse 4 David states that the one thing he is seeking is to dwell in the house of the Lord all the days of his life.

- What does it mean to “dwell in the house of the Lord, to behold the beauty of the Lord and to meditate in His temple?”
- Look also at verse 14. Why does the Lord ask us to wait sometimes?
- How can you “take courage” in your heart as you wait?

3. Read Jonah Chapter 2, Jonah's prayer to the Lord. Water had encompassed him even to the point of death, and yet God delivered him. Do you believe that God is able to deliver you?