

The LORD is my helper

Written by Jacob Chacko Kallara
Tuesday, 24 February 2026 12:20

"Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." - Proverbs 3:5,6 "Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.' So we may boldly say: 'The LORD is my helper; I will not fear. What can man do to me?' " - Hebrews 13:5,6 There are moments in life when we feel confident in our own abilities, leaning on our knowledge and experience as if we can handle everything ourselves. At other times, we feel completely helpless, unsure of how to take even the next step. But in both extremes, and everywhere in between, the call of Scripture remains the same: trust in the Lord with all our heart. When we rely on our own strength, we eventually stumble. But when we walk in His strength, we endure. Sometimes it is even our own desires or greed that push us toward pursuing things we do not truly need. Yet the Lord has promised that He will never leave us nor forsake us. His presence is constant, His guidance sure. Let us therefore trust Him wholeheartedly, seeking His will in all that we do. He is faithful to lead those who rely on Him. Let us remind ourselves "The LORD is my helper; I will not fear. What can man do to me?" Praise the Lord!