

# Help, Lord!

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*So we may boldly say: "The LORD is my **helper**; I will not fear. What can man do to me?" Hebrews 13:6*

*For the **Lord** GOD will **help** Me; Therefore I will not be disgraced; Therefore I have set My face like a flint, And I know that I will not be ashamed. Isaiah 50:7*

*Traumatic memories are unresolved moments in our past. Immanuel is our help. When I team up with Dr. Karl to seek Jesus' help, Jesus is always there, always glad to see me, and He is my solution. No matter what I find in the past (or the present), Jesus can and does help, even if I can't think of anything He could do. Just a general cry for help, "I need help!" seems to make a way for me to let Him solve the unsolvable.*

Studies included in this article are: Help, Lord!; My Help; Helper (God); Helper; Help of God; Help of the Lord; Helpless; Cried to the Lord; He Heard Their Cry; Biblical Examples: Hannah; Esther And the Jews in Captivity; Blind Bartimaeus

## Help, Lord!

Deuteronomy 33:7 And this he said of Judah: "Hear, **LORD**, the voice of Judah, And bring him to his people; Let his hands be sufficient for him, And may You be a **help** against his enemies."

2 Chronicles 14:11 And Asa cried out to the **LORD** his God, and said, "**LORD**, it is nothing for You to **help**, whether with many or with those who have no power; **help** us, O **LORD** our God, for we rest on You, and in Your name we go against this multitude. O **LORD**, You *are* our God; do not let man prevail against You!"

2 Chronicles 20:4 So Judah gathered together to ask **help** from the **LORD**; and from all the cities of Judah they came to seek the **LORD**.

Psalms 12:1 To the Chief Musician. On an eight–stringed harp. A Psalm of David. **Help, LORD**, for the godly man ceases! For the faithful disappear from among the sons of men.

Psalms 22:19 But You, O **LORD**, do not be far from Me; O My Strength, hasten to **help** Me!

Psalms 38:22 Make haste to **help** me, O **Lord**, my salvation!

Psalms 40:13 Be pleased, O **LORD**, to deliver me; O **LORD**, make haste to **help** me!

Psalms 40:17 But I *am* poor and needy; *Yet* the **Lord** thinks upon me. You *are* my **help** and my deliverer; Do not delay, O my God.

Psalms 70:1 To the Chief Musician. *A Psalm* of David. To bring to remembrance. *Make haste*, O God, to deliver me! Make haste to **help** me, O **LORD**!

Psalms 70:5 But I *am* poor and needy; Make haste to me, O God! You *are* my [help](#) and my deliverer; O [LORD](#), do not delay.

Psalms 109:26 [Help](#) me, O [LORD](#) my God! Oh, save me according to Your mercy.

Isaiah 5:7 For the vineyard of the [LORD](#) of hosts *is* the house of Israel, And the men of Judah are His pleasant plant. He looked for justice, but behold, oppression; For righteousness, but behold, a cry *for* [help](#).

Matthew 15:25 Then she came and worshiped Him, saying, "[Lord](#), [help](#) me!"

Mark 9:24 Immediately the father of the child cried out and said with tears, "[Lord](#), I believe; [help](#) my unbelief!"

## My Help

Exodus 18:4 And the name of the other *was* Eliezer (for *he said*, "The God of my father *was* [my help](#), and delivered me from the sword of Pharaoh").

Job 6:13 *Is* [my help](#) not within me? And is success driven from me?

Psalms 27:9 Do not hide Your face from me; Do not turn Your servant away in anger; You have been [my help](#); Do not leave me nor forsake me, O God of my salvation.

Psalms 35:2 Take hold of shield and buckler, And stand up for [my help](#).

Psalms 40:17 But I *am* poor and needy; *Yet* the Lord thinks upon me. You *are* [my help](#) and my deliverer; Do not delay, O my God.

Psalms 63:7 Because You have been [my help](#), Therefore in the shadow of Your wings I will rejoice.

Psalms 70:5 But I *am* poor and needy; Make haste to me, O God! You *are* [my help](#) and my deliverer; O LORD, do not delay.

Psalms 94:17 Unless the LORD *had been* [my help](#), My soul would soon have settled in silence.

Psalms 119:173 Let Your hand become [my help](#), For I have chosen Your precepts.

Psalms 121:1-2 A Song of Ascents. I will lift up my eyes to the hills—From whence comes [my help](#)? [My help](#) *comes* from the LORD, Who made heaven and earth.

## Helper (God)

2 Kings 14:26, 27b For the LORD saw *that* the affliction of Israel *was* very bitter; and whether bond or free, there was no [helper](#) for Israel...but He saved them by the hand of Jeroboam the son of Joash.

Psalms 10:14 But You have seen, for You observe trouble and grief, To repay *it* by Your hand. The helpless commits himself to You; You are the [helper](#) of the fatherless.

Psalms 30:10 Hear, O LORD, and have mercy on me; LORD, be my [helper!](#)"

Psalms 54:4 Behold, God *is* my [helper](#); The Lord *is* with those who uphold my life.

Psalms 72:12 For He will deliver the needy when he cries, The poor also, and *him* who has no [helper](#).

John 14:16 And I will pray the Father, and He will give you another [Helper](#), that He may abide with you forever—

John 14:26 But the [Helper](#), the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

John 15:26 But when the [Helper](#) comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me.

John 16:7 Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the [Helper](#) will not come to you; but if I depart, I will send Him to you.

Hebrews 13:6 So we may boldly say: "The LORD *is* my [helper](#); I will not fear. What can man do to me?"

## Helper

Genesis 2:18 And the LORD God said, "*It is* not good that man should be alone; I will make him a [helper](#) comparable to him."

Genesis 2:20 So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a [helper](#) comparable to him.

Job 29:12 Because I delivered the poor who cried out, The fatherless and *the one who* had no [helper](#).

Job 30:13 They break up my path, They promote my calamity; They have no [helper](#).

Psalms 72:12 For He will deliver the needy when he cries, The poor also, and *him* who has no [helper](#).

Jeremiah 47:4 Because of the day that comes to plunder all the Philistines, To cut off from Tyre and Sidon every [helper](#) who remains; For the LORD shall plunder the Philistines, The remnant of the country of Caphtor.

Romans 16:2 That you may receive her in the Lord in a manner worthy of the saints, and assist her in whatever business she has need of you; for indeed she has been a [helper](#) of many and of myself also.

## Help of God

Genesis 49:25 By the God of your father who will help you, And by the Almighty who will bless you *With* blessings of heaven above, Blessings of the deep that lies beneath, Blessings of the breasts and of the womb.

Exodus 18:4 And the name of the other *was* Eliezer (for *he said*, "The God of my father *was* my help, and delivered me from the sword of Pharaoh").

2 Chronicles 14:11 And Asa cried out to the LORD his God, and said, "LORD, *it is* nothing for You to help, whether with many or with those who have no power; help us, O LORD our God, for we rest on You, and in Your name we go against this multitude. O LORD, You *are* our God; do not let man prevail against You!"

2 Chronicles 25:8 But if you go, be gone! Be strong in battle! *Even so*, God shall make you fall before the enemy; for God has power to help and to overthrow.

2 Chronicles 32:8 With him *is* an arm of flesh; but with us *is* the LORD our God, to help us and to fight our battles. And the people were strengthened by the words of Hezekiah king of Judah.

Ezra 8:22 For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, "The hand of our God *is* upon all those for good who seek Him, but His power and His wrath *are* against all those who forsake Him."

Psalms 3:2 Many *are* they who say of me, "*There is* no help for him in God." Selah

Psalms 27:9 Do not hide Your face from me; Do not turn Your servant away in anger; You have been my help; Do not leave me nor forsake me, O God of my salvation.

Psalms 40:17 But I *am* poor and needy; *Yet* the Lord thinks upon me. You *are* my help and my deliverer; Do not delay, O my God.

Psalms 42:5 Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *For* the help of His countenance.

Psalms 42:11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Psalms 43:5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Psalms 46:1 To the Chief Musician. *A Psalm* of the sons of Korah. A Song for Alamothe. God *is* our refuge and strength, A very present help in trouble.

Psalms 46:5 God *is* in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.

Psalms 70:1 To the Chief Musician. *A Psalm* of David. To bring to remembrance. *Make haste*, O God, to deliver me! Make haste to help me, O LORD!

Psalms 70:5 But I *am* poor and needy; Make haste to me, O God! You *are* my help and my deliverer; O LORD, do not delay.

Psalms 71:12 O God, do not be far from me; O my God, make haste to help me!

Psalms 79:9 Help us, O God of our salvation, For the glory of Your name; And deliver us, and provide atonement for our sins, For Your name's sake!

Psalms 109:26 Help me, O LORD my God! Oh, save me according to Your mercy.

Isaiah 41:10 Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Isaiah 41:13 For I, the LORD your God, will hold your right hand, Saying to you, 'Fear not, I will help you.'

Hosea 12:6 So you, by *the help* of your God, return; Observe mercy and justice, And wait on your God continually.

Acts 26:22 Therefore, having obtained help from God, to this day I stand, witnessing both to small and great, saying no other things than those which the prophets and Moses said would come—

## Help of the Lord

Deuteronomy 33:29 Happy *are* you, O Israel! Who *is* like you, a people saved by the LORD, The shield of your help And the sword of your majesty! Your enemies shall submit to you, And you shall tread down their high places.

Judges 5:23 'Curse Meroz,' said the angel of the LORD, 'Curse its inhabitants bitterly, Because they did not come to the help of the LORD, To the help of the LORD against the mighty.'

2 Kings 6:27 And he said, "If the LORD does not help you, where can I find help for you? From the threshing floor or from the winepress?"

2 Chronicles 32:8 "With him *is* an arm of flesh; but with us *is* the LORD our God, to help us and to fight our battles." And the people were strengthened by the words of Hezekiah king of Judah.

Psalms 33:20 Our soul waits for the LORD; He *is* our help and our shield.

Psalms 37:40 And the LORD shall help them and deliver them; He shall deliver them from the wicked, And save them, Because they trust in Him.

Psalms 94:17 Unless the LORD *had been* my help, My soul would soon have settled in silence.

Psalms 115:9 O Israel, trust in the LORD; He *is* their help and their shield.

Psalms 115:10 O house of Aaron, trust in the LORD; He *is* their help and their shield.

Psalms 115:11 You who fear the LORD, trust in the LORD; He *is* their help and their shield.

Psalms 118:7 The LORD *is* for me among those who help me; Therefore I shall see *my desire* on those who hate me.

Psalms 121:2 My [help](#) comes from the [LORD](#), Who made heaven and earth.

Psalms 124:8 Our [help](#) is in the name of the [LORD](#), Who made heaven and earth.

Psalms 146:5 Happy is he who has the God of Jacob for his [help](#), Whose hope is in the [LORD](#) his God,

Isaiah 31:1 Woe to those who go down to Egypt for [help](#), And rely on horses, Who trust in chariots because they are many, And in horsemen because they are very strong, But who do not look to the Holy One of Israel, Nor seek the [LORD](#)!

Isaiah 41:13 For I, the [LORD](#) your God, will hold your right hand, Saying to you, 'Fear not, I will [help](#) you.'

Isaiah 41:14 "Fear not, you worm Jacob, You men of Israel! I will [help](#) you," says the [LORD](#) And your Redeemer, the Holy One of Israel.

Isaiah 44:2 Thus says the [LORD](#) who made you And formed you from the womb, who will [help](#) you: 'Fear not, O Jacob My servant; And you, Jeshurun, whom I have chosen.

Isaiah 50:7 "For the [Lord](#) GOD will [help](#) Me; Therefore I will not be disgraced; Therefore I have set My face like a flint, And I know that I will not be ashamed.

Isaiah 50:9 Surely the [Lord](#) GOD will [help](#) Me; Who is he who will condemn Me? Indeed they will all grow old like a garment; The moth will eat them up.

## Helpless

Psalms 10:8 He sits in the lurking places of the villages; In the secret places he murders the innocent; His eyes are secretly fixed on the [helpless](#).

Psalms 10:10 So he crouches, he lies low, That the [helpless](#) may fall by his strength.

Psalms 10:14 But You have seen, for You observe trouble and grief, To repay it by Your hand. The [helpless](#) commits himself to You; You are the helper of the fatherless.

Acts 4:9-10 If we this day are judged for a good deed done to a [helpless](#) man, by what means he has been made well, let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by Him this man stands here before you whole.

## Cried To The Lord

Nehemiah 9:27 Therefore You delivered them into the hand of their enemies, Who oppressed them; And in the time of their trouble, When they [cried to](#) You, You heard from heaven; And according to Your abundant mercies You gave them deliverers who saved them From the hand of their enemies.

Psalms 3:4 I [cried to](#) the LORD with my voice, And He heard me from His holy hill. Selah

Psalms 22:5 They [cried to](#) You, and were delivered; They trusted in You, and were not ashamed.

Psalms 22:24 For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from Him; But when He [cried to](#) Him, He heard.

Psalms 66:17 I [cried to](#) Him with my mouth, And He was extolled with my tongue.

Psalms 120:1 A Song of Ascents. In my distress I [cried to](#) the LORD, And He heard me.

Psalms 130:1 A Song of Ascents. Out of the depths I have [cried to](#) You, O LORD;

Isaiah 6:3 And one [cried to](#) another and said: "Holy, holy, holy *is* the LORD of hosts; The whole earth *is* full of His glory!"

## He Heard Their Cry

Exodus 3:7 And the [LORD](#) said: "I have surely seen the oppression of My people who *are* in Egypt, and have [heard](#) their [cry](#) because of their taskmasters, for I know their sorrows.

2 Samuel 22:7 In my distress I called upon the [LORD](#), And cried out to my God; He [heard](#) my voice from His temple, And my [cry](#) *entered* His ears.

Nehemiah 9:9 "You saw the affliction of our fathers in Egypt, And [heard](#) their [cry](#) by the Red Sea.

Psalms 18:6 In my distress I called upon the [LORD](#), And cried out to my God; He [heard](#) my voice from His temple, And my [cry](#) came before Him, *even* to His ears.

Psalms 40:1 To the Chief Musician. A Psalm of David. I waited patiently for the [LORD](#); And He inclined to me, And [heard](#) my [cry](#).

Psalms 106:44 Nevertheless He regarded their affliction, When He [heard](#) their [cry](#);

Lamentations 3:56 You have [heard](#) my voice: "Do not hide Your ear From my sighing, from my [cry](#) for help."

## Biblical Examples of "Lord, Help!"

**Hannah:** 1 Samuel 1:10-11, 15-16 And she *was* in bitterness of soul, and prayed to the LORD and wept in anguish. Then she made a vow and said, "O LORD of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the LORD all the days of his life, and no razor shall come upon his head."... And Hannah answered and said, "No, my lord, I *am* a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink, but have poured out my soul before the LORD. "Do not consider your maidservant a wicked woman, for out of the abundance of my complaint and grief I have spoken until now."

**Esther And the Jews in Captivity:** Esther 4:1-3, 16 When Mordecai learned all that had happened, he tore his clothes and put on sackcloth and ashes, and went out into the midst of the city. He cried out with a loud and bitter cry. He went as far as the front of the king's gate, for no one *might* enter the king's gate clothed with sackcloth. And in every province where the king's command and decree arrived, *there was* great mourning among the Jews, with fasting, weeping, and wailing; and many lay in sackcloth and ashes... "Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!"

**Blind Bartimaeus:** Mark 10:46-48 Now they came to Jericho. As He went out of Jericho with His disciples and a great multitude, blind Bartimaeus, the son of Timaeus, sat by the road begging. And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!" Then many warned him to be quiet; but he cried out all the more, "Son of David, have mercy on me!"

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