

Chapter 26

John Cries Out For Help

BIBLE

Surely there is not a righteous man on earth, who does good and doesn't sin.¹

"Vanity of vanities," says the Preacher. "All is vanity!"² My soul is weary of my life. I will give free course to my complaint. I will speak in the bitterness of my soul."³

He went up into the mountain, and called to himself those whom he wanted, and they went to him.⁴

He said to them, "My soul is exceedingly sorrowful, even to death. Stay here, and watch."⁵ Behold, I was born in iniquity. In sin my mother conceived me.⁶

"I am like one who is a joke to his neighbor, I, who called on God, and he answered. The just, the blameless man is a joke."⁷ I am counted among those who go down into the pit. I am like a man who has no help.⁸

"What a wretched man I am! Who will deliver me out of the body of this death?"⁹ I am blameless. I don't respect myself. I despise my life.¹⁰

COMMENTARY

¹ **Ecclesiastes 7:20** To "sin" is to miss the point of our existence, which is to align with Source. Misalignment is part of the human condition; all of us "sin" at times, overcome by fear and negativity.

² **Ecclesiastes 12:8** [*"The Preacher" is John*]

John: "Most of my good songs are in the first person. I always wrote about me when I could."

³ **Job 10:1** "Black cloud crossed my mind, blue mist round my soul," John laments in "Yer Blues."

⁴ **Mark 3:13**

⁵ **Mark 14:34** John: "I've got a chip on my shoulder that's bigger than my feet" ("I'll Cry Instead")

⁶ **Psalms 51:5** John: "I was born with a jealous mind" ("Run For Your Life")

⁷ **Job 12:4** "I can see them laugh at me," John observes in "You've Got To Hide Your Love Away."

⁸ **Psalms 88:4** "I need a fix cause I'm going down," John shares in "Happiness Is A Warm Gun."

⁹ **Romans 7:24** "I'm a loser," John cries in "I'm A Loser". John: "Part of me suspects I'm a loser and part of me thinks I'm God almighty."

¹⁰ **Job 9:21** In "Getting Better" John observes "it can't get no worse."

“I said, My strength is perished, and my expectation from Yahweh.¹¹ Yes, when I cry, and call for help, he shuts out my prayer.¹²

“I am weary with my crying. My throat is dry. My eyes fail, looking for my God.¹³ I am poured out like water. All my bones are out of joint. My heart is like wax; it is melted within me.¹⁴

“I am become a derision to all my people, and their song all the day.¹⁵ I can count all of my bones. They look and stare at me.¹⁶

“Misery is mine! Indeed, I am like one who gathers the summer fruits, as gleanings of the vineyard: There is no cluster of grapes to eat. My soul desires to eat the early fig.¹⁷

“My flesh is clothed with worms and clods of dust. My skin closes up, and breaks out afresh.¹⁸ For I have eaten ashes like bread, and mixed my drink with tears.¹⁹

“I am a brother to jackals, and a companion to ostriches.²⁰ I am weary with my groaning. Every night I flood my bed. I drench my couch with my tears.²¹

¹¹ **Lamentations 3:18** “I’m not so self assured,” John admits in “Help”

¹² **Lamentations 3:8** “What have I done to deserve such a fate?” John asks in “I’m A Loser”.

¹³ **Psalm 69:3** “I’m so tired, my mind is on the blink,” John shares in “I’m So Tired.”

¹⁴ **Psalm 22:14** “I can’t help my feelings I go out of my mind,” John tells us in “You Can’t Do That.”

¹⁵ **Lamentations 3:14** “[I] feel so suicidal,” John admits in “Yer Blues.” John: “‘Yer Blues’ was written in India... up there trying to reach God and feeling suicidal.”

¹⁶ **Psalm 22:17** “Everywhere people stare, each and every day,” John bemoans in “You’ve Got To Hide Your Love Away.”

¹⁷ **Micah 7:1** “The world is treating me bad, misery,” John laments in “Misery.”

¹⁸ **Job 7:5** “The worm he licks my bone,” John cries out in “Yer Blues.”

¹⁹ **Psalm 102:9** “I’ve had a drink or two and I don’t care,” John admits in “I Don’t Want To Spoil the Party.”

²⁰ **Job 30:29** “I’m not what I appear to be,” John tells us in “I’m A Loser.”

²¹ **Psalm 6:6** “I’m feeling so upset,” John reveals in “I’m So Tired.”

“I am not at ease, neither am I quiet, neither have I rest; but trouble comes.²² For now should I have lain down and been quiet. I should have slept, then I would have been at rest.²³

“Why didn't I die from the womb? Why didn't I give up the spirit when my mother bore me?²⁴ I am pained and bowed down greatly. I go mourning all day long.²⁵

“All who hate me whisper together against me. They imagine the worst for me.²⁶ Therefore my harp has turned to mourning, and my pipe into the voice of those who weep.”²⁷

He went out from Pharaoh, and prayed to Yahweh.²⁸ “Listen to the voice of my cry, my King and my God; for to you do I pray.²⁹

“Turn to me, and have mercy on me, for I am desolate and afflicted.³⁰ For the thing which I fear comes on me, that which I am afraid of comes to me.³¹

²² **Job 3:26** “You know I can't sleep, I can't stop my brain,” John tells us in “I'm So Tired.”

²³ **Job 3:13** “I'd give you everything I've got for a little peace of mind,” John reveals in “I'm So Tired.”

²⁴ **Job 3:11** “In the morning wanna die. In the evening wanna die,” John cries out in “Yer Blues.”

²⁵ **Psalm 38:6** John, bowed down greatly, is “feeling two foot small” in “You've Got To Hide Your Love Away.”

²⁶ **Psalm 41:7** “How can I even try, I can never win,” John moans in “You've Got To Hide Your Love Away.”

²⁷ **Job 30:31** “I even hate my rock and roll,” John admits in “Yer Blues.”

²⁸ **Exodus 10:18** Pharaoh represents body consciousness. To “go out from Pharaoh” means to recognize that we are more than a body; we are infinite spiritual beings.

²⁹ **Psalm 5:2** “Is there anybody going to listen to my story?” John asks in “Girl.”

³⁰ **Psalm 25:16** “Yes I'm lonely wanna die,” John admits in “Yer Blues.”

³¹ **Job 3:25** What John fears has come on him in “Ticket To Ride”: “I think I'm gonna be sad, I think it's today.” Whatever we give our attention to tends to manifest, whether we want it or not.

“Yahweh, how long will I cry, and you will not hear? I cry out to you ‘Violence!’ and will you not save?”³²

“My soul is weary with sorrow: strengthen me according to your word.³³ Teach me, and I will hold my peace. Cause me to understand wherein I have erred.”³⁴

“Hear my prayer, God. Listen to the words of my mouth.³⁵ Help me, Yahweh, my God. Save me according to your loving kindness;³⁶ but don’t be far off, Yahweh. You are my help: hurry to help me.”³⁷

Again he went away, and prayed, saying the same words.³⁸ “God, don’t be far from me. My God, hurry to help me.³⁹ I have done no wrong, yet they are ready to attack me. Rise up, behold, and help me!”⁴⁰

He left them again, went away, and prayed a third time, saying the same words.⁴¹ “Be pleased, Yahweh, to deliver me. Hurry to help me, Yahweh.⁴² All of your commandments are faithful. They persecute me wrongfully. Help me!”⁴³

As he was praying, the appearance of his face was altered, and his clothing became white and dazzling.⁴⁴ Yahweh also thundered in the sky. The Most High uttered his voice: hailstones and coals of fire.⁴⁵

³² **Habakkuk 1:2** John: “Until then I’ll cry instead.” (“I’ll Cry Instead”)

³³ **Psalm 119:28** “Christ, you know it ain’t easy, you know how hard it can be,” John cries out in “The Ballad of John And Yoko.” John: “It’s like a prayer. You know ‘Jesus you alone should know it ain’t easy’. And it has that street language connotation, too.”

³⁴ **Job 6:24**

³⁵ **Psalm 54:2**

³⁶ **Psalm 109:26** “Help! I need somebody,” John cries out in Help.”

³⁷ **Psalm 22:19** “Help! Not just anybody,” John clarifies in “Help.”

³⁸ **Mark 14:39** “Help me if you can, I’m feeling down,” John shares in “Help.”

³⁹ **Psalm 78:12** “Help! You know I need someone,” John admits in “Help.”

⁴⁰ **Psalm 59:4** John : “I needed the help. The song was about me.”

⁴¹ **Matthew 26:24** Pioneering Christian band DC Talk routinely performed “Help” at their live shows.

⁴² **Psalm 40:13** “Won’t you please help me?” John asks in “Help.”

⁴³ **Psalm 119:86** “Help me get my feet back on the ground,” John elaborates in “Help.”

⁴⁴ **Luke 9:29**

⁴⁵ **Psalm 18:13**

Yahweh said to him, “Peace be to you! Don’t be afraid. You shall not die.⁴⁶ For I, Yahweh your God, will hold your right hand, saying to you, ‘Don’t be afraid. I will help you.’⁴⁷

“You have covered yourself with a cloud, so that no prayer can pass through.⁴⁸ Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth.⁴⁹

“Turn at my reproof. Behold, I will pour out my spirit on you. I will make known my words to you.⁵⁰

“I, Yahweh, search the mind, I try the heart, even to give every man according to his ways, according to the fruit of his doings.⁵¹ My son, give me your heart; and let your eyes keep in my ways.⁵²

“Fools are afflicted because of their disobedience, and because of their iniquities.⁵³ But you, man of God, flee these things, and follow after righteousness, godliness, faith, love, perseverance, and gentleness.⁵⁴

“Look to me, and be saved, all the ends of the earth; for I am God, and there is no other.⁵⁵ You shall have no other gods before me.⁵⁶

⁴⁶ **Judges 6:23** The God within is speaking to John. His prayer has been answered.

⁴⁷ **Isaiah 42:13**

⁴⁸ **Lamentations 3:44** When we cover ourselves up with negative thoughts and emotions, we are out of alignment with our Source.

⁴⁹ **Psalms 46:10** “Turn off your mind, relax and float downstream,” John advises us in “Tomorrow Never Knows.” When we are still and rise above mind chatter, we transcend our ordinary state of consciousness, and we come to know God.

⁵⁰ **Proverbs 1:23**

⁵¹ **Jeremiah 17:10** By spiritual law, we reap what we sow.

⁵² **Proverbs 23:26** Emmanuel:

“Our mind does not know the way home to God, but our heart does, and our soul never left.”

⁵³ **Psalms 107:17**

⁵⁴ **1 Timothy 6:11**

⁵⁵ **Isaiah 45:22** There is only one presence and one power in the Universe, God the good, omnipotent. There is no other.

⁵⁶ **Exodus 20:3** Anything that we give a higher priority to than our spiritual life becomes a “false god.” This can include money, sex, busyness, power, and religion itself.

“For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”⁵⁷

“Whoever offers the sacrifice of thanksgiving glorifies me, and prepares his way so that I will show God's salvation to him.”⁵⁸ For, behold, I create new heavens and a new earth; and the former things will not be remembered, nor come into mind.⁵⁹

“Before I formed you in the belly, I knew you. Before you came forth out of the womb, I sanctified you. I have appointed you a prophet to the nations.”⁶⁰

Yahweh's angel called to Abraham a second time out of the sky,⁶¹ and he said, “Yahweh, the God of our fathers, aren't you God in heaven? Aren't you ruler over all the kingdoms of the nations? Power and might are in your hand, so that no one is able to withstand you.”⁶²

“Yahweh my God, I cried to you, and you have healed me.”⁶³ Give ear to my words Yahweh. Consider my meditation.⁶⁴

⁵⁷ **Isaiah 55:9** In this metaphysical fantasy, John promptly receives his help from God through prayer, but in real life John's efforts to deal with his pain and insecurity included, among other things, drugs, meditation, songwriting, and relationships. Arthur Janov, who led him through six weeks of primal scream therapy, recalled that “John had about as much pain as I've ever seen in my life.”

⁵⁸ **Psalms 50:23** Being grateful for everything, including our challenges, is a powerful way to align ourselves with the Divine.

⁵⁹ **Isaiah 65:17** John: “God is a power, which we're all capable of tapping. We're all light bulbs capable of tapping energy. You can use electricity to kill people or light the moon. God is that, neither one nor the other, but everything.”

⁶⁰ **Jeremiah 1:5** Andrew Grant Jackson: “Conquering his sadness through the catharsis of rock, [John's] singing conveyed the rush of euphoric rebirth. The passion in his voice was a healing vaccine that transmitted his exhilaration to millions, making him one of his generation's greatest preachers.” (From *Still the Greatest*, 2014)

⁶¹ **Genesis 22:15** [“Yahweh's angel” is John]

⁶² **2 Chronicles 20:6**

⁶³ **Psalms 30:2**

⁶⁴ **Psalms 5:1**

“I went down to the bottoms of the mountains. The earth barred me in forever; yet have you brought up my life from the pit, Yahweh my God alone, for my days are but a breath.⁶⁵

“Before I was afflicted, I went astray; but now I observe your word.⁶⁶ Don’t snatch the word of truth out of my mouth, for I put my hope in your ordinances.⁶⁷

“I run in the path of your commandments, for you have set my heart free.⁶⁸ You are good, and do good. Teach me your statutes.⁶⁹

“Examine me, Yahweh, and prove me. Try my heart and my mind.⁷⁰ In the multitude of my thoughts within me, your comforts delight my soul.⁷¹

“You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.⁷² Your promises have been thoroughly tested, and your servant loves them.⁷³

“Yahweh, I love the habitation of your house, the place where your glory dwells.⁷⁴ The inhabitant won’t say, ‘I am sick.’ The people who dwell therein will be forgiven their iniquity.⁷⁵

“This I recall to my mind; therefore have I hope.⁷⁶

⁶⁵ **Jonah 2:6**

⁶⁶ **Psalm 119:67** In the Bible, *the word* is God’s love based way of doing things. In “The Word,” John keeps it simple: “the word *is* love.” John: “It sort of dawned on me that love was the answer...it seems like the underlying theme to the universe.”

⁶⁷ **Psalm 119:43** John: “Give the word a chance to say.” (“The Word”)

⁶⁸ **Psalm 119:32** John: “Say the word and you’ll be free.” (“The Word”)

⁶⁹ **Psalm 119:68** John: “Now I’ve got it, the word is good.” (“The Word”)

⁷⁰ **Psalm 26:2** John is becoming enlightened in “Help”: “Now I find I’ve changed my mind.”

⁷¹ **Psalm 94:19** When we are troubled, we can find relief with thoughts that make us feel better and align us with our Source.

⁷² **Psalm 16:11** Joel Goldsmith: “In the consciously realized presence of God is the fulfillment of life.”

⁷³ **Psalm 119:40**

⁷⁴ **Psalm 26:8**

⁷⁵ **Isaiah 33:24** We tend to identify with whatever we attach our “I am” to. John, wanting to inhabit God’s house, now knows not to make statements such as “I am sick,” “I’m a loser” (“I’m A Loser”) or “I’m so tired.” (“I’m So Tired”)

⁷⁶ **Lamentations 3:21** “In my mind there’s no sorrow,” John declares in “There’s A Place.”

“Blessed are the people who learn to acclaim you. They walk in the light of your presence, Yahweh.⁷⁷ Create in me a clean heart, O God. Renew a right spirit within me.”⁷⁸

When he came down from the mountain, great multitudes followed him.⁷⁹

Then Yahweh’s word came to him, saying,⁸⁰ “Behold, God is my salvation. I will trust, and will not be afraid; for Yah, Yahweh, is my strength and song; and he has become my salvation.”⁸¹

“In my distress, I called on Yahweh. Yes, I called to my God. He heard my voice out of his temple. My cry came into his ears.⁸² I sought Yahweh, and he answered me, and delivered me from all my fears.”⁸³

“For my soul was grieved. I was embittered in my heart.⁸⁴ Yet he commanded the skies above, and opened the doors of heaven.”⁸⁵

“I was with you in weakness, in fear, and in much trembling.⁸⁶ Then I saw that wisdom excels folly, as far as light excels darkness.”⁸⁷

“Oh come, let’s worship and bow down. Let’s kneel before Yahweh, our Maker.⁸⁸ Blessed be his glorious name forever! Let the whole earth be filled with his glory! Amen and amen.”⁸⁹

⁷⁷ **Psalm 89:15** “There’s nothing you can do, but you can learn how to play the game,” John advises us in “All You Need Is Love.” To “play the game” in this sense is to choose winning thoughts that enable us to “walk in the light.”

⁷⁸ **Psalm 51:10** In “Tomorrow Never Knows” John describes the spirit within that seeks to expand and express itself through us. “See the meaning of within,” he invites us. “It is shining...it is speaking.” The song was inspired by Richard Alpert and Timothy Leary’s *The Psychedelic Experience* (which itself was based on the ancient manuscript *The Tibetan Book Of The Dead*). The book gives instructions on how to use psychedelic drugs as a tool for spiritual growth. John had picked up a copy, and used it to guide him on a LSD trip.

⁷⁹ **Matthew 8:1** [*“He” is John*]

⁸⁰ **1 Kings 17:2**

⁸¹ **Isaiah 12:2**

⁸² **2 Samuel 22:7**

⁸³ **Psalm 34:4**

⁸⁴ **Psalm 73:21**

⁸⁵ **Psalm 78:23** John, gaining spiritual wisdom, has “opened up the doors” in “Help.”

⁸⁶ **1 Corinthians 2:3**

⁸⁷ **Ecclesiastes 2:13** “I saw the light” John reveals in “No Reply.”

⁸⁸ **Psalm 95:6**

⁸⁹ **Psalm 72:19**