

29TH SUNDAY – ORD. (C)

MY HELP IS FROM THE LORD, WHO MADE HEAVEN AND EARTH

October 15/16, 2022

The Psalmist cries out: “I lift up my eyes to the mountains; from where shall come my help?” And he realized where he could find help; “My help shall come from the Lord who made heaven and earth”. This God never dozes or sleeps. He is always awake.

How can I reach Him for help? The readings offer some answers; it involves perseverance in prayer, the word of God, and support from fellow Christians, backed by my faith in God.

We heard what the Israelites did to defeat the Amalekites; they applied both physical and spiritual means. Joshua and the army went to fight, while Moses supported by Aaron and Hur, asked God for strength. When Moses was tired of raising his hands in prayer, the enemy had an upper hand. So, it was not by the might of the soldiers but by the power of God that they fought. God once told Zerubbabel, “Not by might and not by power, but by my Spirit, that this mountain shall be moved” (Zech.4:6-7).

I need God’s help in all I do, because “If the Lord does not build a house in vain do its builders toil. If the Lord does not guard a city in vain does its guard keep watch” (Ps.127:1). I need Him to give me wisdom and knowledge, energy and strength. He is the one who can direct my thoughts and actions. He knows my purpose from afar and can make my proposals become a reality.

Our help comes from God so there is the need for perseverance in prayer. We see this both in the first reading and the gospel. In both situations, more effort was put in for them to get what they were expecting, victory and delivery of justice. The Israelites did not win easily, and the woman did not get her case delivered in an easy manner. They did not give up when things were dragging on. So, it is important to pray without ceasing (1Thes.5:17).

God is ready to offer us all my needs, but I must pray with faith. “God gives generously and without scolding. But prayer must be made with faith, and no trace of doubt, because a person who has doubts is like the waves thrown up in the sea by the buffeting of the wind. That sort of person, in two minds,

inconsistent in every activity, must not expect to receive anything from the Lord” (Jam.1:6-8).

St. Paul encouraged Timothy to equip himself with the word of God so that he would be able to do good works. He was to read it constantly and to preach it. The word will help us to know the power of God and what He has done and continues to do for us. It is also an effective means of prayer. We come face to face with God, and He speaks with us as we ponder over His word in scripture.

From the scriptures, we learn about how people prayed with faith and hope in times of difficulties and hopeless situations, and they were saved or rescued by God’s intervention. The prayers of Esther (Est.4), Judith (9:1-14), Sarah (who became the wife of Tobias) (Tobit 8:1-8) and also Daniel and his three companions, Ananias, Azarias and Mizaël changed situations. Each of them realized that their help would come from the Lord, and they got it.

It is important, therefore that we meet together to share the word of God and pray for one another. When we come to Mass, we support one another in prayer; I pray for you, and you pray for me. Even if I cannot pray, I know the one sitting by me is praying for me. The presence of others encourages me, and I feel the sense of belongingness. I learn from Scripture, and I learn from you. Staying away from prayer, you deprive me of your help and vice versa.

How am I equipping myself for every good work? I have to have faith in God, persist in prayer, be guided by the Scriptures, and the Lord will guide my going and coming. I need you too, “so I ask the Blessed Virgin Mary, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God”.