

WE LOOK TO THE HILLS FOR HELP

[Psalm 121:1](#) “I will lift up mine eyes unto the hills, from whence cometh my help?”

Mountains always make us look up. As we climb up the side of a mountain we get the feeling we are getting closer and nearer to God.

Very high mountains give us the impression that they are eternal. Perhaps the writer of [Psalm 90](#) had this in mind when he said, “Before the mountains were brought forth... thou art God.”

The Bible makes no great distinction between hills and mountains, neither shall we. Our Psalm says, “I will lift up mine eyes unto the hills,” and the writer quickly adds, “from whence cometh my help?” Let us do as the Psalmist did, look to the more important mountains of the Bible and learn how they may afford us help, instruction, and guidance for our lives.

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1.CAMEL. We may call this the mountain of decision, for here the great prophet Elijah appealed to the people with these words, “How long halt ye between two opinions? If the Lord be God, follow him: but if Baal, then follow him.” Most of the people decided for the true God and they slew the prophets of Baal. “He that is not with me is against me,” says our Lord. We cannot be “on the fence,” we dare not be indifferent or lukewarm when it comes to our faith and religion. Decide with Joshua, “As for me and my house, we will serve the Lord.” That is the language spoken by Mt. Carmel.

2.GERIZIM. This became the mountain of the false religion, for on it the Samaritans built a rival temple to the one on Mt. Zion at Jerusalem. Jesus sealed the fate of this mountain when He told the Samaritan woman at the well, “Ye worship ye know not what: we know what we worship: for salvation is of the Jews.” The Samaritans were a mixture of Jewish and heathen blood and their religion was a mixture of truth and heathenism. We

should take Jesus' warning to heart and "beware of false prophets." Let us be sure we have the Bible religion, the religion of the pure doctrine, so that the Lord need not say to us, "Ye worship ye know not what."



3. SINAI. This we name the mount of holiness, for here in the wilderness God gave us the Ten Commandments which show us our sins and how far we have fallen from the holiness which God expects of us. The law given on this mountain shows us that we cannot save ourselves, that we need help if we ever hope to be saved. Mt. Sinai destroys self-righteousness and makes us cry out, "God be merciful to me a poor sinful being."

4. CALVARY. From Sinai we quickly flee to the mountain of the cross, the holiest mountain in the world. Jesus carried His cross to this hill which is called in the Hebrew, Golgotha. Here He suffered the torments of the damned while nailed on the cross and thereby paid for the sins of the whole world. Ah, sacred Calvary, upon whom our Lord has redeemed us, You will forever be dear to our memories, You are the real hill we have in mind when we repeat the words of our text, "I will lift up mine eyes unto the hills, from whence cometh my help." We put our trust and hope of eternal life in what happened on this holy hill.

5. ZION. The temple was built on this hill, and so it became the mountain of salvation. From Zion came the good news of the coming Savior and the true children of God in the Old Testament rejoice in His promised coming and were saved by faith in Him. Little doubt, our text refers primarily to Zion from whence cometh help.

"Daughter of Zion" was used to designate the church. We should all join the Church of Christ because He saved us, and we will want to confess Him before the world and do all in our power to spread His kingdom into all the world. It is a privilege to serve Him who did so much for us.

6. ARAKAT. We may call this the mountain of safety for here the whole world's population, consisting of eight souls, was safely landed after the

terrible flood. These eight people were also the church of God which He guided and brought to safety on this mountain. They were entirely in the hands of the Lord.

Our chief concern in life should be the safety of our bodies and souls through all the storms of life. Seek security for time and eternity in the guiding hand of the Lord, lest we suffer shipwreck and go lost. Only the Lord can pilot our ship of life to safety in the heavenly harbor.

7. GILEAD. "Is there no balm in Gilead; is there no physician there?" asked the prophet Jeremiah. The gums of certain trees found on Gilead were used as ointment for wounds, and certain oils were used as medicine. Gilead, then, might be called the mountain of medicine. There is only one balm and medicine for sin-sick souls, Jesus Christ the great physician of our bodies and souls. Seek Him now while He may still be found.

8. LEBABON. Clothed with snow and giant cedars the mountains of Lebanon were things of rare beauty. The cedars of Lebanon were used in the construction of the temple at Jerusalem. We should lay our gifts and life at the feet of the Lord to be used in the service of His church, then we acquire new beauty in the eyes of the Lord.

9. MORIAH. Abraham offered up his son Isaac to God on this mountain. Abraham is the father of believers and he did not falter in the hour of trial. All God's children in Christ can expect trials and temptations in this world. May the Lord give us the strength to persevere and help us reach our heavenly home.

10. NEBO. The Lord would not permit Moses to enter the Promised Land, but He did allow him to climb this mountain and view the promised land from the peak. The hopes of Israel were about to be realized as they stood on the fringe of the Holy Land. Moses died on Nebo, the mountain of hope. May our hope of the promised land in Christ, which we see before us in the Bible, ever burn brightly in our hearts and keep our eyes ever heavenward.

11. OLIVES. After His life of infinite blessings and salvation for mankind was completed, Jesus ascended into heaven from this hill to His heavenly throne. When our time comes, may this mountain remind us that we also will ascend up to heaven where our Savior is waiting to receive us.

11. TABOR. This is the mount of transfiguration, for here Jesus was changed before the three disciples and He shone with an unearthly light and glory. After our ascension into heaven we shall also be transformed with heavenly glory forever.

We now sum up the teachings and lessons of the hills from which we get so much help. Decide (Carmel) now and forever for the Lord and avoid all false religions (Gerizim). Confess all sins and iniquities (Sinai) and flee

to Jesus (Calvary) for forgiveness. Join the church (Zion) and find safety (Ararat) for the soul where the healing balm of Christ (Gilead) will be applied. Serve the Lord (Lebanon) with joy and remain steadfast (Moriah) under all trials and keep our hope (Nebo) ever bright. Finally, when our last hour shall come, may we ascend (Olives) up to heaven, and be transformed (Tabor) into eternal glory.

Meanwhile, so long as we are on this earth we will say and sing, "Come to Calvary's holy mountain, sinners ruined by the fall."

AMEN.

PRAYER. O holy and blessed Trinity, may our eyes be ever lifted up to the hills so closely associated with our salvation. But may Calvary always be dearest to our hearts because of Thy wonderful offering given on it. Holy Spirit, keep our hopes ever burning brightly. Glory, glory, glory be to Thee, O blessed and holy Trinity. AMEN