

## A Cry for Help

### Description

[RG AUDIO 020112](#) Psalm 80:1-11

Women are advised by self-defense counselors, when under attack, not to yell, "Help." Rather, the advisors say they should yell, "Fire." The reason for this advice is that often people run away from cries for "help," but most people come running when they hear the word "fire." Sincere cries for help to the Lord, however, are not ignored.

The psalmist addresses God as the "Shepherd of Israel" (Ps. 80:1) and asks for his help for the captive Israelites. His petition has three parts: (1) Restore us, O God Almighty; (2) make your face to shine upon us, (3) that we may be saved" (Ps. 80:7). Three different times at key points in this psalm, there is a pleading intervention for the Israelites to be brought back to God where they will be saved.

Too often we tend to be self-reliant. We commit the sin of independence by not calling on God to save us. He is perfectly willing and able to be all that we need.

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