

Tribulation And Present Help

Friday's morning devotion was **Joh 16:33 "In the world ye shall have tribulation:"** and the evening devotion was **Ps 46:1 "a very present help in trouble."** As I pondered these two phrases, it made me realize that the Child of God can expect to have tribulations in this world. At the same time, the child of God can know that God is present with them during their tribulations.

I then looked the verses up for the setting and context to be sure I was on the right track. **Joh 16:25-33; 25 These things have I spoken unto you in proverbs: but the time cometh, when I shall no more speak unto you in proverbs, but I shall shew you plainly of the Father. 26 At that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you: 27 For the Father himself loveth you, because ye have loved me, and have believed that I came out from God. 28 ¶ I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father. 29 His disciples said unto him, Lo, now speakest thou plainly, and speakest no proverb. 30 Now are we sure that thou knowest all things, and needest not that any man should ask thee: by this we believe that thou camest forth from God. 31 Jesus answered them, Do ye now believe? 32 Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. 33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."**

In these verses we have the context of Jesus explaining to his disciples that because they believe that Jesus is the Son of God, the Messiah, they are going to be faced with tribulations like they have not faced before. Jesus tells them that when the time comes for him to be crucified, they are going to flee from him, and they are all going to leave Jesus alone in his tribulation. However, Jesus is not going to be alone because, God the Father, and God the Holy Spirit, will be with him.

Jesus forewarns them; as they go forth proclaiming the gospel of Jesus Christ, they are going to suffer many tribulations. However, Jesus will have already set the pattern for them for enduring these tribulations by his suffering and death on the cross. Jesus tells them **"I have overcome the world,"** and through the victory of Jesus over the world they can **"be of good cheer."**

This leads us to the evening devotion **Ps 46:1 "a very present help in trouble."** **Ps 46:1 ¶ <<To the chief Musician for the sons of Korah, A Song upon Alamoth.>> God is our refuge and strength, a very present help in trouble. 2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; 3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah. 4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. 5 God is in the midst of her; she shall not be moved: God shall help her, and that right early. 6 ¶ The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted. 7 The LORD of hosts is with us; the God of Jacob is our refuge. Selah. 8 Come, behold the works of the LORD, what desolations he hath made in the earth. 9 He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. 10 Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. 11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah."**

In this Psalm we see the context of the same picture as in **Joh 16:25-33**, but we are reminded that God is with us always, in this age of salvation by the grace of God. The writer of the Psalm is saying to us that trouble and tribulation all around us, but we have a city of God for our habitation. This city is the holy place of God. God is telling us; though tribulations arise like mountains, and the world of sin is seeking to destroy you; and all seems to be lost, you can **"be of good cheer"** for your God is **"a very present help in trouble."**

The word present means to exist, which reminds us that we have Christ in us, in the form of the Holy Spirit, given to us in the new birth. Christ is very present with us in living as a child of God, wherefore, even if it seems the whole world around us is falling apart, we have **"a very present help in trouble."**

Help means aid. Christ has given us aid with the indwelling Holy Spirit, and the word of God. When we have tribulations, in the trials of life as a Child of God, our help is always present, if we will just turn to it.

Trouble means adversity, anguish, affliction, trouble, or distress. Because we have "***a very present help in trouble***" we can rest in the same hope as the disciples of Jesus. Why? Jesus told his disciples what was coming to their lives for believing in Jesus. Jesus has explained to us the very same thing in the scriptures.

God tells us in ***Ps 46:10 Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.***" God is telling us to trust fully in him, and we can rejoice in our tribulations, knowing that even in our failures, we still have the eternal forgiveness of our sins, because Jesus has prayed for us, just as he prayed for the disciples, even before they fled from Jesus at his arrest.

Now, let's define tribulations. What are tribulations, as they are set forth in the context of these scriptures? Tribulations are not necessarily every problem we encounter in life. Tribulations are when we are experiencing adversity, anguish, affliction, trouble, or distress for the cause of Christ. For an example: if I have a toothache, it causes me anguish and distress, but this it is not a tribulation for the cause of Christ. If I am cast into prison for standing firm upon my belief of the word of God, then I am having tribulation for the cause of Christ.

Wherefore, beloved Child of God, you can rejoice in your tribulations, which will demonstrate your life is different from that of an unbeliever. Rejoicing in tribulations, for the cause of Christ, gives glory to God. Jesus demonstrated to his disciples and to us "***In the world ye shall have tribulation***" by his suffering and death on the cross. But remember, Jesus has "***overcome the world,***" and given us the promise that he will never forsake us. Therefore, Children of God "***be of good cheer***" and give thanks to King Jesus, for being "***a very present help in trouble!***" Hallelujah! Amen!