

Psalm 121

I look up to the mountains - does my help come from there?

My help comes from the Lord, who made heaven and He is a God who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps.

The Lord himself watches over you!

The Lord stands beside you as your protective shade.

The sun will not harm you by day, nor the moon at night.

The Lord keeps you from all harm and watches over your life.

The Lord keeps watch over you as you come and go, both now and forever.

Amen.

People often find this Psalm comforting. Its meaning centres on deep and unswerving trust in God. Some see God as an ever-watchful protector who guards us people through every stage of life.

This psalm is illuminating because God is referred to six times as someone who watches over us, shamar; a tireless protector who does not sleep; caring for us at all times, in all ways. His real and eternal care covers us in all our comings, goings and doings.

I have a doormat that my daughter gave me for Christmas: it says, 'You are blessed going out: you are blessed coming in.' Basically we are blessed every day in every way.

A prayer:

Heavenly Father, we lift our eyes to you, the Maker of heaven and earth, recognizing that You are our true source of help.

Lord, please keep our feet firmly on your path and be our protective presence through the trials of the day.

We entrust our journey to You, asking that You watch over our going out and our coming in, both now and forevermore.

In Christ's name we pray, **Amen.**

Denise