

21 Days

Lockdown Perspective

"Psalm 121"

Day two : LookUp

PAUSE

Close your eyes, take three deep breaths in and out. As you breath in, think of one thing you are grateful for, as you breath out say the words "thank you". Think of something different for each breathe in. We are living in a time where it may feel like our freedom to choose looks different. We cannot choose what situations we find ourselves in but how we choose to respond is both our responsibility and a gift.

This psalm is both an invitation and an encouragement to choose the way we are going to respond to whatever difficult, challenging, dangerous and unknown situation we find ourselves in. While the world is telling us to lockdown, perhaps God is asking us to look up. Seeing beyond the immediate and ourselves so that we can see and connect with what is around us. As much as this invitation is for us, even more so, it is a reminder that we are created to be a witness of this for others. By changing our posture and perspective, we are reminded of Jesus and who He is in the midst of chaos and turmoil. This seemingly small action of lifting up his chin and gazing his eyes to the hills invites the Psalmist to more. More assurance of where our help comes from; that God is in control; that the Lord is our Keeper and Protector and that the Lord is always with us. We are able to live with and live out this assurance in our relationship with others.

One of the most freeing discoveries I have made in my studies of Theology and Psychology is that we have a choice. Even when it feels like we have no control over our lives, we have a choice in the way we will respond.

In looking up today, we can too be assured of Gods promise of presence today and throughout eternity.

POEM

Gracious Lord, help us to be assured that even during all the unknowns, our help and hope is in You. You have given us the beautiful gift of choice, and today we choose to look up so that we can see what's around us. Thank you that as we choose to lift our gaze on You Jesus, we are promised relationship, connection and love. Help us keep choosing You every day of our lives so that we can be a witness of you to others. Amen