

A reflection on Psalm 121

As we've entered into this time of crisis around the spread of Covid-19 and as we become so aware of our desperate need for help, this Psalm has been an encouragement to me as I've asked myself "Who or what do I hope will help us in this time of crisis? Is it the government, World Health Organization, a vaccine, doctors?"

Psalm 121

- ¹ I lift up my eyes to the mountains—
where does my help come from?
- ² My help comes from the LORD,
the Maker of heaven and earth.
- ³ He will not let your foot slip—
he who watches over you will not slumber;
- ⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
- ⁵ The LORD watches over you—
the LORD is your shade at your right hand;
- ⁶ the sun will not harm you by day,
nor the moon by night.
- ⁷ The LORD will keep you from all harm—
he will watch over your life;
- ⁸ the LORD will watch over your coming and going
both now and forevermore.



I have found these insights helpful:

[The Psalmist] reminded himself of two great truths: One is that God is a mighty Creator over all the problems of life; the other is that God never sleeps. "He who keeps you will not slumber." God is a tireless worker. He never wearies. Think of God as a worker in your life. Yes, it is amazing. We are prone to think of ourselves as workers in God's life. But the Bible wants us first to be amazed that God is a worker in our lives: "From of old no one has heard or perceived by the ear, no eye has seen a God besides you, who works for those who wait for him" Isaiah 64:4. -**John Piper**

The Lord can keep you, because there's nothing this God cannot do. No crisis or circumstance can overwhelm him. He is never surprised or shaken. He made all things, sustains all things, and rules all things, including every detail of our lives, even on the most difficult days. No hill is too high, or night too dark for him. When what you can see only screams anxiety, see the strength of his power in all he has made. Surely the God who made the mountains "is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy" Jude 1:24. -**Marshall Segal**

- Where or who do we look to when we need help?
- Do we believe that God is working without rest to watch over us, and keep us?

Prayer:

Lord, thank you that you are our God and Father, the maker of Heaven and earth. Thank you that you never stop working, that you never grow weary and that you watch over us now and forever. Help us to look to you as our helper and the keeper of our souls. Amen