

## *God watches over us*

Psalm 121

### *Some first words of explanation:*

Journeying in the mountains in the time this was written could be dangerous. A slip could result in a fatal fall. There could be thieves and bandits. The sun and the moon poetically represent all the elements from which we need protection like rain and wind as well as the heat of day and the cold of night. The Psalm refers to the dangers of a journey in the mountains – but it could equally apply to the many other dangers we face in all of life, spiritual as well as physical. The knowledge that God watches over us is a great comfort.

### *A question to ask:*

“What dangers or difficulties do you, or your loved ones, face now for which you need God to watch over you?”

### *A possible response:*

This Psalm promises us God is always alert and active in his commitment to his people. Being kept from ‘all harm’ doesn’t mean bad things won’t ever happen to us or that we will never stumble along the way. As Christians, we know our end destination to be with Jesus is certain – that’s what is promised in the last words of the Psalm: ‘both now and evermore’ (for someone who is not a Christian this can be offered as a promise for those who trust in Jesus).

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We can use these words as a prayer for ourselves or for someone we are concerned about, for example:

- someone who is going through a painful part of the journey of life – that they would know God’s care for them now and always
- someone who faces spiritual danger in a place that could tempt them away from a close walk with God – that their foot would not slip
- someone who is far from God – that they would come to know that he is close and shows loving care towards them

### *Suggested prayer*

Thank you Lord for the promises of this Psalm. Help [person’s name] to understand that you are with him/her even at times when he/she doesn’t have a strong sense of your presence.

Thank you for the wonderful truth that you are constantly alert and that [person’s name] can rely on your guiding and protecting hand upon his/her life day by day. Amen.



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