

A Moment of Truth: Psalm 121

Video Transcript



Hello, this is Chaplain Elisa welcoming you to another short devotion in our scriptures today. Thank you for joining me.

Our passage today is again from the book of Psalms. This is Psalm 121.

Here's how the psalm goes.

- ¹ I lift up my eyes to the hills.
From where does my help come?
- ² My help comes from the Lord,
who made heaven and earth.
- ³ He will not let your foot be moved;
he who keeps you will not slumber.
- ⁴ Behold, he who keeps Israel
will neither slumber nor sleep.
- ⁵ The Lord is your keeper;
the Lord is your shade on your right hand.
- ⁶ The sun shall not strike you by day,
nor the moon by night.
- ⁷ The Lord will keep you from all evil;
he will keep your life.
- ⁸ The Lord will keep
your going out and your coming in
from this time forth and forevermore.

Oh, hallelujah. How beautiful. So, let's look at this a little bit at a time.

This was called a song of ascent. It's considered a song that pilgrims on the way to Jerusalem would be singing as they walked uphill because Jerusalem is built on a hill. And they would sing this song on the long road uphill.

And as soon as I learned that, I thought, "What an incredible metaphor for life. A long road uphill to reach the promised land, the promised city of God." I love that. That's what life feels like sometimes, doesn't it? A long road uphill.

And the psalmist says, "Where is my help coming from? My help comes from the Lord who made heaven and earth." What's it like when you're walking uphill? It's hard work, isn't it? It's especially hard work if you're carrying anything in addition to just your physical self. Think of a time when you've had to take a long walk and you had to carry something heavy like groceries or a baby or something. How much harder is it when you're carrying something to walk uphill?

God never promises that the road of life will be easy, that it will feel like just a cakewalk. God never promises that there will be no suffering. But his promise always and in this psalm is to preserve us, to save us, to help us, to walk alongside us, keeping us through the suffering, and leading us to that holy place, to the place of victory.

I love that the psalmist says, “The Lord is your keeper. The Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night.” Again, you can think of yourself on a path, especially if it’s hot and in a sort of arid climate. What would shade do for you? What would protection from the sun do for you on that road? And even the moon by night, you know, the nighttime being a place that might feel scary because it’s dark and you can’t see, the shadows make everything look kind of scary. But the psalmist says, “The Lord will keep you from all evil. He will keep your life. He will keep your going out and your coming in.”

No matter where you are on the path of life, God is keeping you close to himself. Not that there’s not hardship. Again, the road can still be hard. But how often is God with you and watching over you? “From this time forth and forever more.”

When there’s that sense of uncertainty and fear on the road, when you feel uncertain, what’s the next step going to look like? How hard is it going to be? Our job is to look up. “I lift my eyes. My help comes from the Lord who made heaven and earth.”

When we can’t see what’s ahead on this path, God can. And God does.

When you feel like the road of life is hard and heavy and maybe you’re carrying too much, lay those things down before God. And God promises his presence to be with us all the time. God is with you all the time. Take God’s hand and be led into victory with him at your right hand.

Go in peace today. Know that I am praying for you and love you and we’ll see you again soon.

Hymn: A Mighty Fortress Is Our God

A mighty fortress is our God, a bulwark never failing.
Our helper, he amid the flood of mortal ills prevailing.
For still our ancient foe doth seek to work us woe.
His craft and power are great and armed with cruel hate
On earth is not his equal.

Did we in our own strength confide our striving would be losing.
Were not the right man on our side, the man of God’s own choosing.
You ask who that may be; Christ Jesus, it is he,
Lord Sabaoth his name, from age to age the same,
And he must win the battle.