

## ENCOURAGEMENT BULETIN No. 139

### A MEDITATION ON PSALM 121

Psalm 121 is a “Song of Ascents,” literally a “Song of Goings Up.” It is one of a group of songs which would have been sung by pilgrims as they approached the hills around Jerusalem when ‘going up’ to take part in one of the three major festivals of the year. As we are all spiritual pilgrims, Psalm 121 seems very appropriate to our journey of discovery as we seek to draw nearer to Jesus.

v.1: ***I lift up my eyes to the hills –  
where does my help come from?***

This verse acknowledges that we need help. Is there anyone amongst us who can claim to be able to undertake this journey without help?

v.2.: ***My help comes from the Lord,  
the Maker of heaven and earth.***

Here we are told where to seek that help – in the Maker of heaven and earth, the One with the power and authority to deal with anything, great or small, which can befall us.

vv.3, 4: ***He will not let your foot slip –  
he who watches over you will not slumber;  
indeed, he who watches over Israel  
will neither slumber nor sleep.***

This assurance promises that God is always with us, ever vigilant, ever ready to guide, protect and sustain His people, whether or not we are aware of His presence.

vv.5,6,7: ***The Lord watches over you –  
the Lord is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.  
The Lord will keep you from all harm –  
he will watch over your life;***

These words tell us just how much God is prepared to involve Himself in our lives, although He always waits to be asked. He is *not* some majestic inventor or designer who creates people (or anything else, for that matter) and then just sits back and watches to see what they will do to try to make sense of things. He is ever present to help and protect us as we seek Him.

Jesus tells us that as we seek Him: “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Luke 11:9-10).

v.8: ***the Lord will watch over your coming and going  
both now and for evermore.***

This Psalm closes with the assurance that there is no limit on God’s promises, they are for all time, a fitting message for a wonderful journey.

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May you have many blessings on your life’s journey as you seek to draw closer to Jesus, to know Him better, and to live according to His will and plan for you. (WLE)