



From Lament to Hope -

Through Lent, we acknowledge that Jesus has known pain, despair, grief & death - and know that he is still standing with us in our lives, in our journey to & beyond the cross.

Take some time each week to meditate on the Psalm, allowing God to speak through specific words or phrases as you read and reread the words of the Psalmists, and allow their lament & hope speak God's words of life to you.

Psalm 121:1-8 (NRSV)

Psalm 121

Assurance of God's Protection

A Song of Ascents.

- 1 I lift up my eyes to the hills—
from where will 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 He who keeps Israel
will neither slumber nor sleep.

- 5 The LORD is your keeper;
the LORD is your shade at 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 on and forevermore.



■ **What words or phrases stand out to you as you read Psalm 121:1-8?**

Read it again, maybe aloud.

■ **What have you learned about Who God Is in the words of the Psalm?**

■ **What is God speaking to you about today?**



Please take some time with this Psalm & respond in prayer in the space provided below.

Your words of prayer & thoughts from Psalm 121:1-8

Prayer:

" Our Help and Our Protector"

I will look up and I will lift my gaze,
for you are my God.

I will acknowledge you as the One
who directs my steps every hour of every day.

Who provides in every circumstance,
Who is my shield about me.

The Lord is the guardian of my life.
I will rest in Him as His gaze rests upon me.

~Jenny Goshulak

