

# Psalm 121

This psalm is the second in a group of psalms called the *Songs of Ascent* (Ps. 120 - 134). These hymns are thought to have been used by pilgrims making their way to Jerusalem to worship the Lord.

This psalm often titled, **God is Our Keeper**, seems particularly relevant during our current COVID-19 pandemic concerns, and much like the perilous journey of these Old Testament pilgrims, we too need to place our trust in God in this journey.

The psalmist starts... **“I will lift up my eyes to the hills... My help comes from the LORD”** (vs. 1-2). Likely the distant hills of Jerusalem as the pilgrim traveled toward the city to fulfill his pilgrimage. He understood that he didn’t need to arrive at Jerusalem before he came under God’s protective care. God would watch over him on the journey and that God is present in the journey as in the destination.

The pilgrim is confident and trusts in the living God knowing that **“He who keeps you will not slumber”** (vs. 3). God’s watchful eye is always open, looking with love and care upon His people.

The pilgrimage to Jerusalem was difficult, the brutal rays of the Middle East sun could be unrelenting. Yet, God promised care for the journey, **“The LORD is your shade at your right hand”** (vs. 5), a beautiful reference that goes back to the cloud by day that followed Israel in the wilderness from Egypt and shielded the Israelites from the sun. And at no time is God off duty, **“nor the moon by night”** (vs. 6).

The psalmist emphasizes, three times no less, **“The LORD shall preserve... He shall preserve... The LORD shall preserve”** (vs. 7-8). Clearly an affirmation of the great confidence in God’s protecting power.

*What anxiety can survive this triple promise?* Let’s remember this triple promise during the current COVID-19 trial, and future trials in life’s journey (our pilgrimage)! God’s people can trust in God’s preserving power. While God’s Word never promises a cushioned life sheltered from all difficulties, it does promise of God’s ongoing protection in this life and the life to come.