

DAY 14 – My Help Comes from the Lord

Psalm 121

121 *I will lift up mine eyes unto the hills, from whence cometh my help.*

² *My help cometh from the LORD, which made heaven and earth.*

³ *He will not suffer thy foot to be moved: he that keepeth thee will not slumber.*

⁴ *Behold, he that keepeth Israel shall neither slumber nor sleep.*

⁵ *The LORD is thy keeper: the LORD is thy shade upon thy right hand.*

⁶ *The sun shall not smite thee by day, nor the moon by night.*

⁷ *The LORD shall preserve thee from all evil: he shall preserve thy soul.*

⁸ *The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.*

Focus: Confidence in God's Constant Help

Psalm 121 begins with a question: "I lift up my eyes to the hills — from where does my help come?" The answer is immediate and clear: "My help comes from the Lord, who made heaven and earth." In times of uncertainty, we often look to many sources for stability — people, systems, resources. Yet this psalm redirects our gaze upward. True help does not come from what is visible, but from the Creator who stands above it all. Lent teaches us to lift our eyes beyond temporary solutions and anchor our trust in eternal strength.

The psalm assures us that God neither slumbers nor sleeps. He is attentive, guarding our coming and going. This image brings comfort: we are never outside His watchful care. Even when we are unaware, God remains aware. Even when we are weak, He is vigilant. His protection is not occasional — it is continuous.

As we reflect today, **Psalm 121** reminds us that help is not distant. It is personal and present. The Lord who made heaven and earth is the same Lord who walks beside us daily. Whatever journey we are on, His faithfulness goes with us. Our help is secure because our God is steadfast.

Prayer: Faithful Lord, lift our eyes to You when we feel uncertain. Be our help and our keeper in every season. Guard our steps and strengthen our trust in Your constant care. In Jesus' name, Amen.