



LIFT UP YOUR EYES

Often, we are so focused on our daily challenges and circumstances that we can forget to look to God.

Psalm 121 is called one of “The Psalms of Ascent” (Psalms 120-134). These psalms were sung by Israelites as they traveled to Jerusalem to visit the Temple and worship the Lord. Jerusalem was considered a “high place,” a place where the Israelites would go to worship God. So, the Bible commonly describes travel to Jerusalem as “going up to Jerusalem.” Psalm 121 and the other “Psalms of Ascent” prepared the people’s hearts to worship God.

As you read Psalm 121, imagine yourself approaching God’s presence. Consider God’s love and grace toward you.

READ PSALM 121:1-8

Gratitude (vv. 1-2)

When a small band or troop is under attack, they will often look up to the surrounding hills hoping that someone will come to their rescue. David was often in this position, pursued by Saul’s troops and pursued by the Philistines as a young soldier. In these first verses though, we are told to consider that God is the one who has always come to our rescue.

Begin your prayers by thanking God for all the ways that He has provided for you.

Confession (vv. 1-2)

After considering how God has rescued us, we must also admit that we have focused

our eyes and our trust on other things and people to rescue us. While God is “the Maker of heaven and earth,” we often think that we can make our own way out of our troubles.

Confess to God the other places and people you’ve looked toward for help. How can you look to God for help instead?

Petition (vv. 3-6)

If a god was asleep, then he or she couldn’t hear your prayers. Israel’s God is the only one the Bible claims doesn’t sleep, so He can always hear and respond to His people. We can always call out to God. He is concerned with every aspect of our lives, keeping our foot from slipping and keeping us shaded from the sun.

Reflect on all the ways that God protects us. Share what you need with God. Ask for God’s help.

Renewal (vv. 7-8)

The psalmist tells us that God “will watch over your coming and going both now and forevermore.” That should give us boldness and confidence. If God is watching over us, we should ask Him, “Where do You want me to go? What can I do for You, God?”

Pray and ask God to renew your fervor for Him. Listen for God’s voice to lead you to people or situations where you can show His love and demonstrate His goodness.