

PSALMS OF HOPE

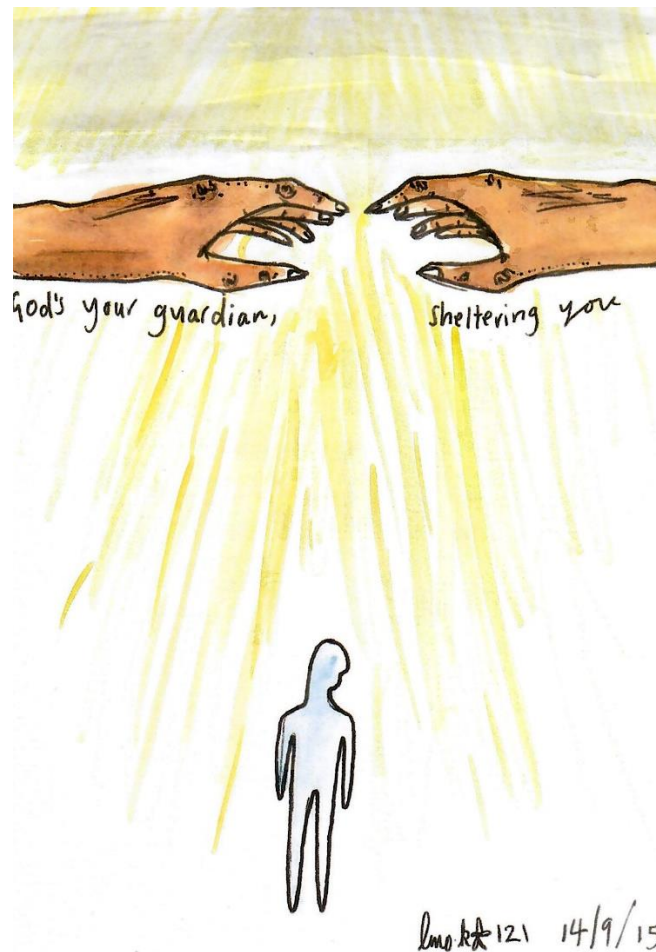
@UnitedChurchFerndown

United Church Ferndown's 2023 Lent Programme

Monday 6th March

Reflection #13

MY HELP COMES FROM THE LORD



Pray:

Lord, let everything I do in this season of Lent come from you, be inspired by you. I long to be closer to you. I long to receive the hope that you offer. Help me to remember that nothing is more important than you in my life. Help me to rely on you for help. I want to walk in your footsteps, Jesus. I confess that I have often felt I knew better and ignored your presence. Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out and feel your hand and love there to guide me. Speak to me in this moment, Lord God. **Amen.**

Introduction:

When I moved to Eastwood, I was 6 years old, scared, in a new place and without the comforts of my last house. I distinctly remember that during my first week there my mum read this psalm to me from a big open bible that was kept on the baptistry at the front of our church. I didn't know I needed these words at the time, but they provided me with reassurance and the knowledge that all would be okay, and that change is not necessarily bad. From that day I often found myself turning the page of that bible back to this psalm every time I walked past. I wanted people to read this and feel the same security that I felt in the knowledge of God's love.



Read: Psalm 121 (NIV)

- ¹ I lift up my eyes to the mountains –
where does my help come from?
² My help comes from the Lord,
the Maker of heaven and earth.
³ He will not let your foot slip –
he who watches over you will not slumber;
⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
⁵ The Lord watches over you –
the Lord is your shade at your right hand;
⁶ the sun will not harm you by day,
nor the moon by night.
⁷ The Lord will keep you from all harm –
he will watch over your life;
⁸ the Lord will watch over your coming and going
both now and for evermore.

Consider:

How is it possible that the God who called all creation into being, who has guided and provided for his people over countless generations, all over the world, can care for you and me in the way the psalmist describes? The assurances this psalm gives are so wonderfully personal and repeated time and time again. We need each day to be reminded of God's loving watchfulness over our lives, and resist the temptation to ever try to hide away from him.

Also consider that sometimes you may not be the one that needs to hear this message like I did, but instead be the person (who like my mum) knew I needed to hear it, this psalm promises safety that many people feel lost without, maybe you know someone who needs to hear psalm 121.

Pray:

Pray that you may remember these promises made by him in both the good and the bad times in your life and ask for his help in extending these promises to others.

Try it out:

If you have never tried to memorise a verse or passage of Scripture before, this is a great place to start. I guarantee that once you have done that, you will want to remind yourself of these promises time and again.