

Lent Day 16: Thursday, March 9

## Psalm 121:1-4

### ASK GOD FOR HELP

*“I lift up my eyes to the hills—from where will my help come?  
My help comes from the LORD, who made heaven and earth.”*

In Psalm 121, we encounter the psalmist at the base of the mountain. The mountain symbolizes a great conflict or struggle. While looking at this struggle, the psalmist considered where he might find help. However, the psalmist does not leave his readers in suspense. He quickly confesses, “my help comes from the LORD.” It is only natural to wonder where our help might come when we are in great trouble. The wise person is like the psalmist, confessing they need help. Do you need help?

What would it be like to ask God for help with your struggles today? What would you say?

After stating that his help comes from the LORD, the psalmist proclaims several things about God. The psalmist offers us several promises to claim. When we are in trouble, we can feel like we are slipping. The psalmist says God will not allow our feet to be moved. When we are in trouble, we feel like we are being attacked. The psalmist says God will not stop protecting us, even while we sleep. There are times during a conflict when the situation is unsteady, but God holds us secure. Likewise, there will be times when we need rest, but God does not rest from protecting us. Lastly, the psalmist reveals that this prophecy is not only for an individual, but for the entire community of faith.

So, I ask you again, what would it be like to ask God for help with your struggles today? What would you say?

#### Prayer:

*God, we confess that you are Lord of heaven and earth, and we ask that you steady our feet during times of struggle and protect us in times of vulnerability. In the name of the Father, the Son, and the Holy Spirit. Amen.*