



1/5/26

Today's passage is one of 15 psalms called the "Psalms of Ascent." They were sung by the Jewish people as they made their pilgrimage to Jerusalem for the feasts... reminding the people of God's protection and care for them as they drew close to Him. The truths found in these psalms are the same for you and me today. God IS our help no matter what we're going through. I hope that encourages you on your pilgrimage today.

*Blessings,
Jonna*

Psalm 121

If Noah were to pray Psalm 121 after spending 377 days on the ark, what would his prayer look like? If I am to pray Psalm 121, how would I relate these words to my life?

Vs. 1-2 ~ "I lift up my eyes to the hills. From where does my help come? My help comes from the LORD Yahweh, who made heaven and earth."

Noah: O Lord, I never saw hills like this until now. Before the flood, the land looked nothing like this. But one thing was true then and is still true today... my help comes from You, my Almighty personal God who is intimately involved in my life. You who created the heavens and the earth, who did a full reset with the flood, who protected me and my family with all the animals through 377 days of floating on the water, are the same God who helps me now. I have nothing to fear.

Me: O LORD Yahweh, my Father who has adopted me to be Your child forever, I lift up my eyes to find my help. My help does not come from the changing of my circumstances. My help does not come from within myself. My help comes from You. You who created the heavens and the earth... who protected Noah through the flood... who sent Your Son to deliver me from death... You are the only help I need. Help me to look nowhere else.

Vs. 3-4 ~ "He will not let your foot be moved; He who keeps you will not slumber. Behold, He

who keeps Israel will neither slumber nor sleep."

Noah: Even while I was on the ark, feeling the waters rock us all over the place, hearing the creaking of the boards, feeling the rain pummeling the roof of our boat, You never let my foot be moved. You never withheld Your protection. You allowed me and my family to sleep securely because we knew that You were not sleeping. We knew You were keeping guard day and night protecting us.

Me: O Lord, I will never forget all the times I've woken up in the middle of the night with thoughts on my mind, only to be calmed by knowing that I could talk to You because You were awake. I will never forget the night I woke up, afraid of my second foot surgery getting nearer and nearer, and crying out to You... and this is the verse You immediately brought to my mind. Then I knew... everything was going to be okay. No matter what happened, You would be my strength. You weren't sleeping through my struggle, and You wouldn't sleep through my surgery. I could be at peace.

Vs. 5-6 ~ "The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night."

Noah: After days and days of no sun and only shade, of no image of the moon reflecting the sun, I still knew that You were my keeper. You protected us from sun, rain, moon, and everything else. You ARE my keeper. You were my keeper... and You still ARE my keeper, and I know that You WILL BE my keeper for all eternity. I am completely secure in You.

Me: O Lord, I can look back on my life... even my childhood that was no the fairy tale story. And I see that You were always there... There has not been a day of my life that You weren't there, protecting me. It really messed me up for a long time because I thought Your protection meant that I should feel no struggle... but Your promise is to protect me THROUGH the struggle... just like You protected Noah THROUGH the flood.

Vs. 7-8 ~ "The Lord will keep you from all evil; He will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore."

Noah: The Lord separated me from evil through the flood, but evil was not gone forever. It came back with the dry land. But You still protected me. I have seen firsthand that no circumstance can stop You from protecting me. I know that You will keep my soul, and You will bring me safely into eternity.

Me: When Jesus prayed one of His last prayers in John 17, He said, "I do not ask that You take them out of the world, but that You keep them from the evil one." That's what You do... You protect my soul from the adversary who seeks to destroy me. This protection is not temporary. It is forever. I find so much hope in knowing that You who don't sleep, who keep my foot from being moved, will keep me safe with You now and forever.

I heard a quote from a movie where a slave had escaped to find his way to freedom. He said, "I don't mind the hardships because I know I'm on my way to freedom." Lord, he was on his way to the temporary freedom that comes on earth. I have escaped eternal slavery, and I'm on my way to freedom with You forever. Please help me to endure the hardships with that freedom in mind... knowing that I am not alone along the way. You are my help every step of the way. When I can't see, You can still see me. When I feel like I'm on shaky ground, You hold my feet secure. When I sleep, You're awake protecting me. When I feel the heat, You are my protecting shade. When evils encompass me, You are my deliverer... from this time forth and forevermore.