

Assurance of God's Protection
Rev. Ben Langley



Psalm 121:

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.
The Lord will not let your foot be moved; the Lord who keeps you will not slumber.
The Lord who keeps Israel will neither slumber nor sleep.
The Lord is your keeper; the Lord is your shade at your right hand.
The sun shall not strike you by day nor the moon by night.
The Lord will keep you from all evil; God will keep your life.
The Lord will keep your going out and your coming in from this time on and forevermore.

Psalm 121 is one of my favorite psalms. It brings to mind the summers that I spent working as a camp counselor at Ridgecrest Camp for Boys, located up the road from Montreat, North Carolina. The camp's theme was the first two verses of Psalm 121. As a young person, and even now as an adult, the mountains and Psalm 121 call me to focus on God and the movement of the Spirit.



There are many trails around Ridgecrest and Montreat. Two of the trails that I have frequented over the years are along Mount Kitzuma and Rattle Snake Mountain. These are places where I go to seek God's guidance, to intentionally connect with God. I had a particularly profound connection with God the day I came across a mother bear and her cub. I was glad that "God does not slumber or sleep" because I didn't either the night that I spent at the top of the mountain.

These hikes, this journey is sacred to me. Whether it's been a clear day where I could see miles and miles of rolling mountains, or a cloudy day where the clouds and fog engulfed me, I have met the Holy One in those mountains over and over again. The call of Psalm 46 to "be still and know that I am God" becomes real. Sitting on a rock, amazed by God's creation, I remember that my help comes from the Lord.

So my beloved family, during this journey of Lent, where do you lift your eyes to know from where your help comes? You do not have to travel to a location (although you can). Where or how do you encounter the Holy One – is it in your favorite chair at home, somewhere in the park, during worship at church, working in the garden, watching a baby sleep, or listening to a cat purr? The good news is that wherever you "lift your eyes" in search of God, God will meet you there.

Prayer:

Oh Lord, my God
When I, in awesome wonder, Consider all the worlds Thy hands have made
I see the stars, I hear the rolling thunder. Thy power throughout the universe displayed.
Then sings my soul, my Savior God to Thee, How great Thou art, how great Thou art
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