

## **Bible Passage**

Psalm 121

“The Lord will watch over your going out and your coming in...” (Verse 8)

## **Song**

I lift my eyes up to the mountains <https://youtu.be/9g4eqKDkDiw>

## **Reflection**

One of the dangers of lockdown has been that we may have become introspective, as our world has shrunk to the limitations of our immediate surroundings. But as lockdown is eased there is a delight in venturing a little further afield: - stepping out and breathing in the fresh air of the countryside and of being able to travel further to enjoy the wider view of creation as we appreciate walking among the hills and the mountains.

Today’s psalm is one of what is known as the ‘Songs of Ascent’ and is thought to be a song that would be used by pilgrims travelling to the temple at Jerusalem, perhaps for one of the great festivals.

It is a psalm for a journey. A traveller may face many things on a journey and although the destination may be known, the journey itself may be unpredictable.

The psalmist poses the question: “Where am I going to find help on the way?” And so the answer comes. Look up, ‘lift your eyes to the hills’. Raise your vision to that which is beyond. Focus on God, the Creator, the one who is above and beyond your limited perspective and yet who is intimately and lovingly involved in his creation. He will watch over you.

Most of us at some time will have left our home and embarked on a journey. Even if we have never left our home, life is still a journey. Our physical journey will take each one of us to different places and we will have different encounters. But there is another journey: The inward journey - a journey of searching for oneself and ultimately for God. Both journeys are a journey of faith.

We do not know where life will take us. All the faith in the world will not prevent us from sometimes walking in dark places and encountering obstacles. This psalm reminds us that we are not alone. It is a wonderful expression of the confidence and trust we can have in God who will neither slumber nor sleep but will watch over us and keep us safe.

## **Journey Prayer**

May the God who called our father Abraham and our mother Sarah  
to journey into the unknown  
And guarded them and blessed them, protect us too upon our journey.  
May God’s confidence support us as we set out, may God’s Spirit be with us on the way,  
And may we be led back to our home in peace.  
Those we love, we commend to God’s care; when the Lord is with them we will not be afraid.  
As for ourselves, may the Divine Presence be our companion,  
So that blessing may come to us and to everyone we meet.  
Blessed be you O Lord, whose presence travels with your people.  
Amen

(Adapted from the Jewish Prayer Book)