

“I Will Lift Up My Eyes...”

Psalm 121

March 29, 2020

President Ronald Reagan said that this was one of his favorite psalms. Psalm 121 reminded him of Rancho del Ceilo, his “Ranch in the Sky.” He enjoyed the peace and tranquility of his ranch in the mountains of Santa Barbra, California.

During this unprecedented time in our nation’s history, it is easy to become fearful, anxious, and worried. This pandemic has caused our economy to take a nosedive, and our schools, colleges, universities, and churches have been disrupted. Many have died from the COVID-19. How do you and I as God’s children react to these unsettling times? The psalmist answered that question in a similar time period. He said:

1. ***“I lift my eyes...”*** (v. 1). The writer did not lift his eyes to the government, or to the bank, or to the stock market, or even to the CDC. He lifted his eyes to the mountains which symbolized the majesty and the security of God. In the Scriptures, God is often referred to as a rock or a refuge. The mountain was a place of safety and refuge. David said: ***“God is my rock and my salvation, my stronghold; I will never be shaken”*** (Psalm 62:2). He also said: ***“God is our refuge and strength, an ever-present help in times of trouble”*** (Psalm 46:1). Lift your eyes to God who is our rock and our refuge.

2. ***“My help comes from the Lord...”*** (v. 2). Help came to the writer of this psalm not from man but from the Lord—the Maker of heaven and earth. Our Creator is faithful to His creation, to you and me who look to Him for help. The psalmist said: ***“The Maker of heaven and earth, the sea and everything in them. He remains faithful forever”*** (Psalm 146:6). The God who created this vast universe is the same God who is with us today. He is not shaken by this pandemic or the havoc that it has caused. He is faithful to help us during times of trouble. Turn to your Creator for help. He knows what you need. Ask Him to eradicate this virus, and to bring healing to our world.
3. ***“...Your Protector will not slumber. Indeed, the Protector of Israel does not slumber or sleep”*** (vs. 3-4). In this psalm, the writer uses the word ***“Protector”*** or ***“protect”*** six times. This word means ***“to guard or to keep.”*** Your God and Father loves you, and He will keep you in His care. He will guard you from harm and evil. If you have to go through a difficult or fearful situation, He will protect you. He will be with you. David experienced many scary things in his life as a shepherd and a king. But God was with him, and protected him through it all. God does not ***“slumber”*** or ***“sleep.”*** He will not be caught off guard. He is always watching over you, keeping you in His care.

4. ***“The Lord protects you...”*** (vs. 5-8). Our God is our Protector. He protects us from all harm and evil. We live in a fallen, evil world. We are not immune from adversity and tragedy. But whatever you face or endure, God is with you. He is your Protector. You are not facing this alone. The psalmist said that the Lord is a *“shelter,”* protecting you from the elements. *“He will protect your life...”* (v. 7b); He will *“protect your coming and going...”* (v. 8a). In your daily life, God will protect you. Going here and there, dealing with difficult people or harmful pandemics, He is your shelter, your constant Companion. Jesus said: *“And be sure of this: I am with you always, even to the end of the age”* (Matthew 28:20b). God is your Protector, and He will never leave you or abandon you.

Lift your eyes to God, who is your source of help in this uncertain time. Your Shepherd has you in His care, and no one or no thing can take you from Him (John 10:28-29). Keep trusting in the Lord, the Maker of heaven and earth.