Dear Ones in Christ,

I greet you in the name of the One who is Love. Let us quieten our hearts to hear God’s word for us today.

Today’s Lectionary psalm in Psalm 105:1-6, 23-26, 45c, however I will be using Psalm 121

1 I lift up my eyes to the hills —  from where will my help come? 2 My help comes from the LORD, who made heaven and earth. 3 He will not let your foot be moved; he who keeps you will not slumber. 4 He who keeps Israel will neither slumber nor sleep. 5 The LORD  is your keeper;  the  LORD  is your shade at your right hand. 6 The sun shall not strike you by day, nor the moon by  night. 7 The LORD  will keep you from all evil; he will keep your life. 8 The LORD  will keep your going out and your coming in from this time on and forevermore.

This psalm comes to mind every night when I step outside into the night to watch the stars or listen to the night critters or feel the rain of another storm. The first 2 verses seem to be my constant prayer as I make my way through this uncharted time of the pandemic.

I chose this palm today because so many of us are experiencing so much change, too much heartache, grief for many reasons, and uncertainty about our world. It is easy to get lost in the fray and forget our focus, which is to keep our eyes and heart turned towards the One who gives us live, saves us from ourselves, and redeems us from all evil.

The promise is that the LORD will keep you. It is the LORD who will keep you from evil during this time. It is the LORD who will keep your life. This does not mean that you or I may not get sick, or even die. What it does mean is that GOD will keep our lives even in the face of death for there is no where that God is not present.

May this psalm bring you comfort now and in the coming days. May you cling to the promises given and claim them as your own. May you keep lifting your eyes to the hills knowing God is always here and there and everywhere.

Please pray with me: God of the oceans and God of the hills, Keep us looking to you. Reminded us when we lose our ways to lift our eyes to see your goodness once more. Hold us in your hope giving our faith more than we ever ask or imagine in your love. In Christ’s name we pray. Amen.

Rev. Janice Stamper