

Dear Heavenly Father,

Praise

I join with the psalmist and say, “Praise the LORD, for the LORD is good; sing to his name, for it is pleasant! For I know that the LORD is great, and that our Lord is above all gods. Whatever the LORD pleases, he does, in heaven and on earth, in the seas and all deeps. Your name, O LORD, endures forever, your renown, O LORD, throughout all ages” (Ps 135:3, 5–6, 13). Hallelujah!

Today in Your Word

Today you shared with me the rest of the “Song of Ascents” psalms. These songs were likely sung by those who traveled up the mountain to Jerusalem for the three annual festivals. These psalms are pilgrim songs, songs which express anticipation and joy at the thought of worshipping you. The collection begins with Psalm 120, a psalm which recounts the author’s weariness of dwelling among deceitful people: those who “hate peace” and “are for war” (Ps 120:6–7). The psalmist called out to you in his trouble, and you answered him. How comforting to know that you hear me when I cry to you! Psalm 121 is an encouraging answer to the question, “From where does my help come? My help comes from the LORD, who made heaven and earth. 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” (Ps 121:1b–4). Psalm 123 echoes this thought and builds on the theme of focusing my eyes on you: “To you I lift up my eyes, O you who are enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maidservant to the hand of her mistress, so our eyes look to the LORD our God, till he has mercy upon us” (Ps 123:1–2). These psalms teach me the importance of lifting up my eyes from the cares and trials of life and focusing my heart and mind on you. Like Peter on the Sea of Galilee, if I keep my eyes fixed on Jesus, I can walk on the waters which seek to drown my soul.

Reflection

When David became king of Israel, he lived in a beautiful palace. However, it wasn’t long until he was troubled that the ark of the covenant, the symbol of your presence among the people, remained in a tent. It bothered him so much that he couldn’t sleep until he corrected the situation (Ps 132:2–5). This challenges me—am I zealous for your honor? Does your glory concern me enough that I will do whatever it takes to treat you with the respect you deserve?

Request

Father, if you should mark iniquities, who could stand? But with you there is forgiveness, that you may be feared. Help me to wait for you and hope in your Word (Ps 130:3–5).

Thanksgiving

Thank you for the blessings that come from fearing you! When I walk in your ways, my family and all that I have receives your blessing (Ps 128:1–3). Praise the LORD!

In Jesus’ name, Amen.

Suggested Hymn: [“Turn Your Eyes upon Jesus”](#) – Helen H. Lemmel.

Meditation Verse: *Psalm 125:1–2.*