The Lord wants you to experience real and abundant life:

Ps. 121:1-4 I lift up my eyes to the mountains -- where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip -- He Who watches over you will not slumber; indeed, He Who watches over Israel will neither slumber nor sleep. (NIV)

This psalm has been a constant reminder to me that the LORD is always watching over me. I learned this psalm when I was a teenager, and it has been a blessing to me all along the path of my life. Scripture is replete with words of encouragement. They help us, and remind us, that we have a loving Father Who is always watching over His children. We truly are blessed beyond measure.

One reason that some might not feel the constant presence of the LORD is because they don't look up. When our eyes are on ourselves, we miss the power and ability of our Almighty God. He is able to do more than we could ever think or imagine. We need to be reminded to keep looking up! And it is in this looking up, that we see the Maker of heaven and earth. The One Who has created all things is right by your side, ready to reach out and help you in times of need. I love how the psalmist reminds us that the LORD will not even let your foot slip, much less allow you to fall. The reason is in His great love, He is watching over you without any sleep. He is always watching over you. He will never stop watching over you. He is there for you continuously and permanently. Nothing will cause His loving care to be drawn away because He is committed to His children. He is committed to His creation. And the psalmist states that the LORD is his sole source of 'help.' He was not looking to his country. He was not looking to his army. He was looking to the only One Who could truly render aid to him and come to his rescue. We must also be reminded that our help will not come from the armies of this world. Those are only temporal and will fade away. But the LORD will always be there for you. He will never give up on you. He will always love you. He will never stop loving you. And this my friend, is the greatest reason for us to be filled with joy and not sorrow. Let's look up today instead of looking around.

Dear LORD, we need to be reminded daily, that this life is not about us, it is about You. We may think that we have things that must be accomplished, but without Your blessing, they are useless and of no avail. We must keep looking up. Remind us of this today, all day, and every day. In Jesus Name, Amen