

## GOD IS OUR PROTECTOR

May 7, 2022

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalms 121

### Memory Verse

<sup>1</sup> I look to the hills! Where will I find help? <sup>2</sup> It will come from the , who created heaven and earth.

**Psalm 121:1-2**



# CASEY'S DAY

written by Ron Vandenburg  
illustrated by Chad Thompson



Think about what happens when you're getting ready to leave your house. Do your parents ask you to put on a coat? Or grab an umbrella to take in the car? Every day, we do things to physically protect ourselves. Coats and umbrellas keep us warm and dry. Seat belts keep us safe in the car.

Psalm 121 tells how God is our ultimate protector. Psalm 121 is titled "A song of ascents." The word "ascent" means "an instance of rising or climbing up." This psalm reminds me of flying on an airplane. The flight attendants go over safety protocols and remind us to fasten our seatbelts. We take precautions so that we have a smooth ascent and rest assured that we are safe. The psalmist reminds us that "He will not let your foot slip" (v. 3) and that God "is your shade at your right hand" (v. 5). This means that if we reach for help, God will be there. He is our eternal protector, and we can remember that nothing "will be able to separate us from the love of God" (Romans 8:39).

Sometimes, especially if we're feeling anxious, we can forget about God's protection. We don't physically carry it with us in the same way we do an umbrella. This week, think about how you can remind yourself of God's protection. Each time you fasten your seatbelt, think: "God is protecting me, just like this seatbelt." You could even write out a verse from Psalm 121 to put in your pocket each morning as a way to carry God with you. Each time you look up, think about what the psalmist wrote: "I lift up my eyes to the mountains—where does my help come from?" (v. 1). Remind yourself that your help comes from God.

## Prayer

Dear God, thank you for protecting me. Thank you for watching over me and making me feel safe. Help me to remember that I can always turn to you for help. Amen.

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*written by Rachel Syens*

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