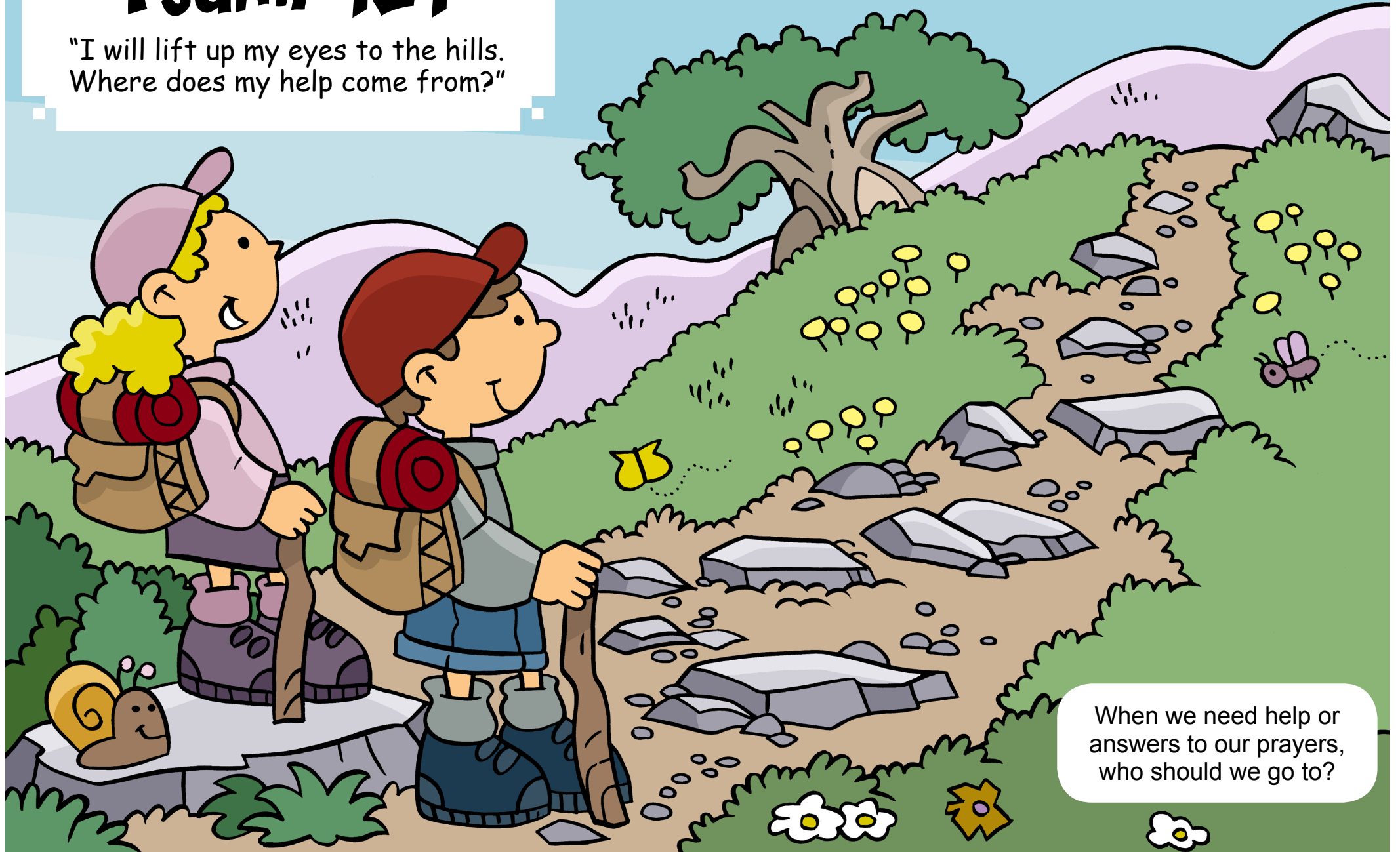


Psalm 121

"I will lift up my eyes to the hills.
Where does my help come from?"



When we need help or
answers to our prayers,
who should we go to?

A colorful illustration of two children hiking in a landscape. In the foreground, a boy with a red cap and a girl with a pink cap and yellow hair are walking. The boy is pointing towards the distance. They are both wearing backpacks and holding walking sticks. The landscape features a winding river, rolling green hills, a large tree on the left, and purple mountains in the background under a blue sky with white clouds and birds. The scene is bright and cheerful.

"My help comes from the LORD,
who made heaven and earth."

The God who created the universe is the one who will give us the greatest help. Just think, the same God who created the mountains and the seas, the cougars and the whales, the trees and the flowers—and everything else—wants to help each of us!



"He will not suffer your foot to be moved:
He that keeps you will not slumber.

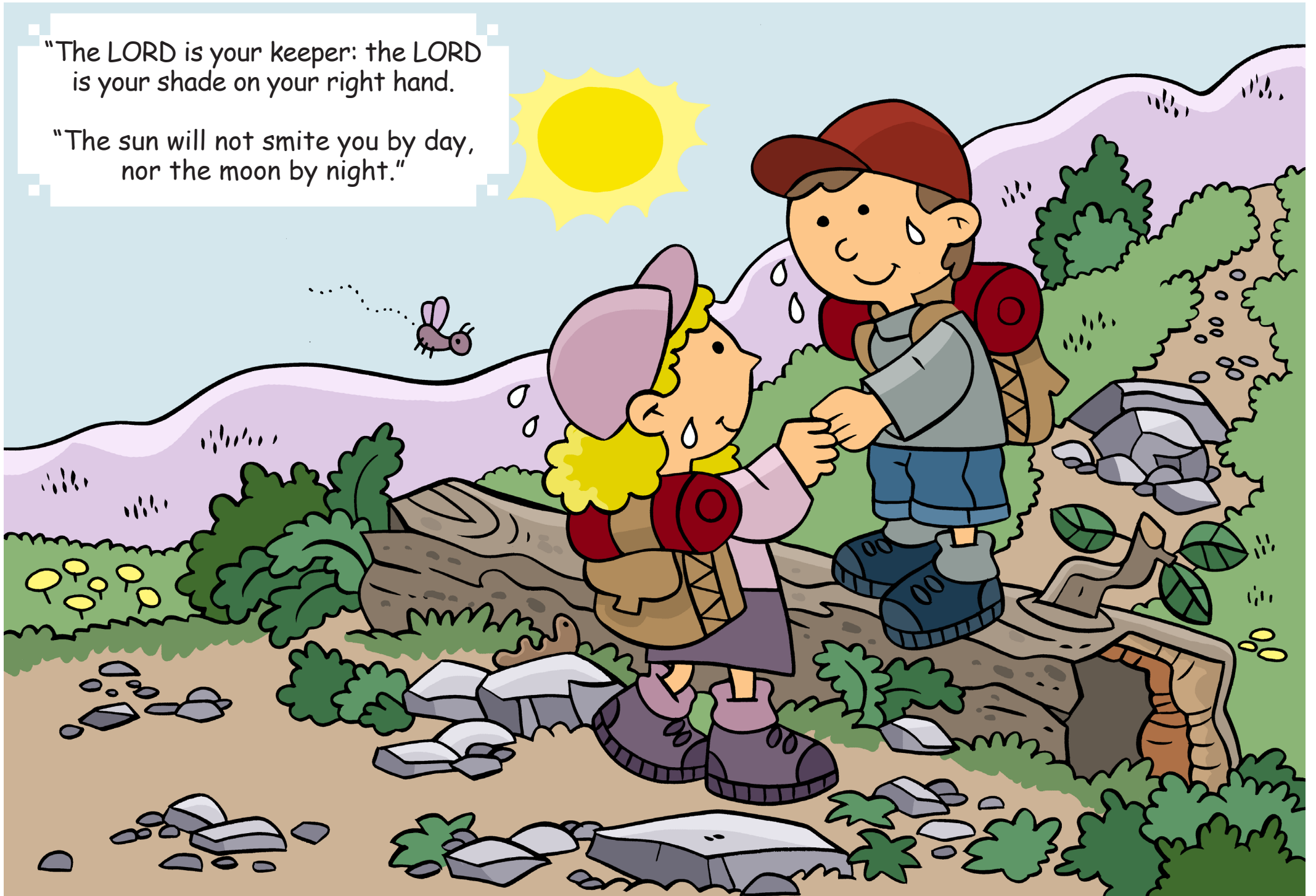
"Behold, He that keeps you, His children,
will neither slumber nor sleep."


God doesn't say, "I can't help you now, I need a rest! Please don't wake Me up when I'm sleeping."

God is never too busy for us. He is always ready and eager to care for you and answer your prayers.

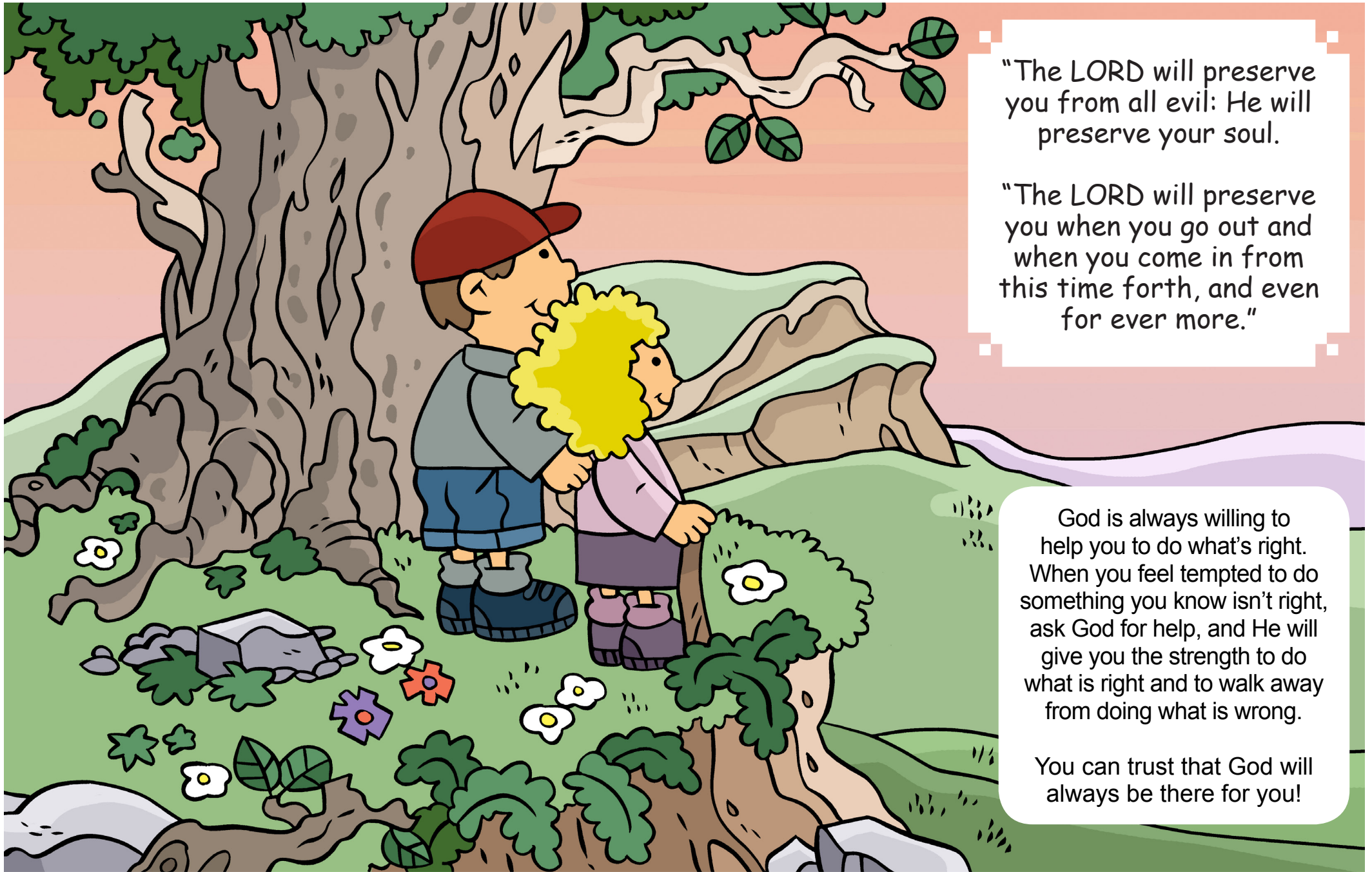
"The LORD is your keeper: the LORD
is your shade on your right hand.

"The sun will not smite you by day,
nor the moon by night."





God will protect you and deliver you from dangers, whether it's during the day when the sun is up, or at night when the moon shines. He's ever ready and able to help you.



"The LORD will preserve you from all evil: He will preserve your soul.

"The LORD will preserve you when you go out and when you come in from this time forth, and even for ever more."

God is always willing to help you to do what's right. When you feel tempted to do something you know isn't right, ask God for help, and He will give you the strength to do what is right and to walk away from doing what is wrong.

You can trust that God will always be there for you!

S&S link: Christian Life and Faith: Biblical and Christian Foundation: Faith-1b.

Authored by Christi S. Lynch. All scriptures are paraphrased from the American King James Version. Illustrations by Didier Martin. Design by Stefan Merour.

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