

Daily Devotion For December 15, 2021

**“I lift up my eyes to the mountains,** from where does my help come from? My help comes from the Lord the maker of heaven and earth.” Psalm 121:1

This morning I woke up and saw a sight that we seldom see on the Monterey Peninsula. I called for Sherry and said, “Sherry, there’s snow on the mountains! From our kitchen window and deck we could see the snow capped mountains with the soft stormy clouds hovering around it.

Seeing this beautiful and seldom seen sight lifted our spirits and brought a smile to our faces. At once I was reminded of Psalm 121 where the psalmist wrote, “I lift up my eyes to the mountains, from where does my help come from? My help comes from the Lord the maker of heaven and earth.” Psalm 121:1

As we look around our world today, we are continually reminded of the sorrow and suffering of those devastated by the tornadoes in Kentucky and other places, the sorrow and grief of those who have lost loved ones from covid, the many people who are battling cancer and other illnesses, those struggling to find employment and to make ends meet, and the list goes on and on.

The psalmist pondered where his help came from, maybe because the hilltops around Israel were dotted with altars to pagan gods. Or it could have been because the psalmist looked up beyond the hills to Mount Zion where the temple stood and remembered that the Maker of heaven and earth was his covenant God. Either way, to worship we must lift our eyes up.

**Thought For Today:** Lift your eyes higher than your circumstances, higher than your troubles and trials, higher than the empty promises of the false gods of our day.

**Today’s Prayer Focus:** Praise God for being the “One who will watch over your coming and going” today and forevermore (Psalm 121:8). Deo Volente.