



July 2, 2008

Thought For the Day

*The Lord watches over you —
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.*

Psalms 121:5-6

The previous verses of this psalm pictured God as watching over his people from above. These verses tell us that God is also very near – close enough to provide shade at our right hand. And this watchful care is present with us 24 hours a day – by day and by night.

I had my first experience of traveling through a desert about 6 years ago. Two things immediately struck me. First, how hot it can get! Second, how cold it can get! During the day, the heat of the sun will bake you. But in the clear moonlit air of the night the temperature drops like a falling rock and it can get VERY cold. At the time this psalm was written both of those conditions were life threatening. So this psalm is telling us that not only is God with us 24 hours a day, but he is also with us through the extremes of circumstances of life.

In all times and in all situations, God is watching over his people. He is watching over us. Make it personal, God is watching over you. He is watching over me. That does not mean that we will never find ourselves in difficulty or danger, or that we will never feel physical or emotional pain. There may be things that hurt us but they will never harm us. None of the changes and challenges of life can separate us from God's amazing love. God's grace is always near us. We need not be afraid.

No matter what happens this day, O Lord, I will trust your watchful care over my life. You will provide everything I need and I will live unafraid.