

March 16, 2020

Each day I would like to send to a short devotion and prayer. I have chosen Psalm 121 because it was the first Psalm my mother taught me; it was her favorite. The words of Psalm 121 can be of great comfort to us as we begin this unchosen journey of COVID-19.

### **A Morning Devotion**

This is in part taken from the *Book of Common Worship* pages 170-173

From Psalm 86:5-6

O LORD, You are kind and forgiving, full of love to all who call on You. Listen to my prayers LORD; hear the cries of my pleading.

Psalm 121:1-2 NIV translation

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.

This is called a Psalm of ascent; many see this psalm as something said before going on a journey. We are embarking on a journey, one we didn't choose to go on, but nevertheless we are on it. The first two verses of this Psalm begin with a question – where does my help come from. This may be what each of us are asking during these times of fear and concern. The answer is – My help comes from the LORD, THE Maker of heaven and earth. This is a confession of faith; our help comes from the Creator of all things.

THIS is important for us to know and to hold in our hearts; our help comes from God. We still need to understand that we are part of the solution to the COVID-19 pandemic. We need to follow the guidelines from the CDC:

Yes - wash our hands with soap and water for 20 seconds

Yes - stay home if you are sick, have compromised immune systems, or have health concerns

Yes - don't physically gather together for now.

What can we do?

### **PRAY!**

Call one another, our neighbors - check and see how they are doing.

We as Presbyterians believe we are a "priesthood of all believers". This means we are called to minister and serve one another. St Andrew's does this very well! Please, just call, email, or text one another. NO VISITS! Keep those prayers coming!

### **Where does our help come from? It comes from the LORD!**

Tomorrow we will look at the next few verses.

**Let us pray; Merciful God, in Jesus Christ we have Your promise of peace. Receive all those who seek Your help, assure all of us that You are near. Fill us with Your Spirit, cast out our anxiety and fear, and help us to rely on the strength You provide, through Jesus Christ our LORD. Amen**

May the steadfast love of God, the abundant grace of Jesus Christ, and the abiding presence of the Holy Spirit be with us this day and always. Amen

With love and blessings,

*Pastor Linda*