



Lift Up Your Eyes

By Lucy Wall

The beginning of 2021 was certainly anything but plain sailing in terms of global unrest and chaos. I was beginning to feel quite overwhelmed with it all one afternoon when the Lord took me to Psalm 121. The first couple of verses read,

*“I will lift up my eyes to the hills—
From whence comes my help?
My help comes from the Lord,
Who made heaven and earth.”*

*Although I've read these verses many times before, the power of the words seemed to be particularly poignant on that day. They reminded me to lift my eyes above the worldly issues going on around me and instead focus my sights on Jesus. The Scriptures also recalled my attention to **where** my help comes from which was a timely reminder indeed and a wonderful encouragement for my soul.*

It can be so easy to get bogged down with all the unsettling things we see going on in the world and so I'm incredibly grateful for God's Word and how the Holy Spirit always draws me back to my Saviour. Nothing seems to counter the stress of this life more than focusing on Jesus and the promise of His return! As we travel through the trials of these difficult days, may our eyes only be lowered to pour over God's Word for wisdom and comfort and then lifted once again to our precious Redeemer!

Lift up your eyes O' daughters of Jesus!
Lift up your eyes O' sons of the King!
Set your sights higher than troubles and trials
And each tribulation that this world can bring.

Lift up your eyes O' children of Yahweh!
From whence comes our help? It comes from the Lord!
The Keeper of Israel keeps us from evil,
So trust in the plan of the Almighty God.

Lift up your eyes to our Kinsman Redeemer!
Our God slumbers not as He reigns from His Throne.
He's called us by name and guards us completely;
The Rock of our lives and the Chief Cornerstone.

Lift up your eyes and focus on Jesus!
Rest in His presence, let peace overflow.
Our Sovereign Creator will cut through the darkness,
He shall preserve us wherever we go.

Lift up your eyes! Redemption draws nearer,
Boldly proclaim His truth right to the end!
The grace of our Lord Jesus Christ be upon us,
Come quickly Lord Jesus! In Your name, Amen.



Psalm 123:1

*“Unto You, I will lift up my eyes,
O You who dwell in the heavens.”*

Isaiah 28:16

*“Therefore thus says the Lord God:
“Behold, I lay in Zion a stone for a foundation,
A tried stone, a precious cornerstone, a sure
foundation.”*

Revelation 22:20-21

*“He who testifies to these things says,
“Surely I am coming quickly.”
Amen. Even so, come, Lord Jesus!
The grace of our Lord Jesus Christ be with you all.
Amen.”*