

For the Lenten journey. From Psalm 121

We look up at the vast size of the mountains, asking-
from where will our help come in times of trouble?

Know the Eternal Creator
of heaven and earth
and these mountains
will send the help you need.

He holds you firmly in place;
He will not let you fall.
He who keeps watch
will never drift off to sleep.

The Eternal keeps you so close
that His shadow is a cooling shade to you.

Neither bright light of sun
nor dim light of moon will harm you.
From your first breath to the last breath you breathe,
from this day and forever.

Trust the journey, and have faith. You are not alone.