

# David Rudy

Kitchen Assistant

## Psalm 121

### A Song of Ascents

"I lift up my eyes to the hills—  
    where does my help come from?  
My help comes from the LORD,  
    the Maker of heaven and earth.  
He will not let your foot slip—  
    he who watches over you will not slumber; indeed, he who watches over Israel  
    will neither slumber nor sleep.  
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.  
The LORD will keep you from all harm—  
    he will watch over your life; the LORD will watch over your coming and going  
    both now and forevermore."



### Discussion for the Younger Kids:

Do you like to sleep? Most kids hate going to bed at night because there is so much to do. How about on Christmas Eve? Sleeping is hard when you know there is something good coming. This Psalm says that God never sleeps because He watches over us all the time. You are like a Christmas gift to God!

### For Further Discussion:

Psalm 121 has always been a very special passage for me. It is a great reminder that God is always watching out for us no matter what is happening in our lives. It also reminds me that I can never hide anything from God, which challenges me to behave in a manner pleasing to Him, even when I am alone. While everything else on earth changes, God remains the one constant throughout all. Verse 2 reminds me that God reigns omnipotent over the universe and that His love will be with me no matter what.

If you would like to ask David more about his devotional, you can send an [email](#) to him at camp.