

# ***Listening for the Promise***

WEEKLY DEVOTIONAL

Second Sunday in Lent - March 1, 2026

*<sup>1</sup>I lift up my eyes to the hills; from where is my help to come?*

*<sup>2</sup>My help comes from the Lord, the maker of heaven and earth."*

- Psalm 121:1-2 -

*I will lift up my eyes to the hills.* Imagine you are travelling through ancient Israel. You and your fellow travelers stop to make camp because it will be dark soon. You're in a wilderness, like the Wild West of the U. S. Crime isn't foreign. Thieves roam the hills; wild animals wander nearby, ready to attack. No law enforcement exists, so you're left to fend for your loved ones and yourself on your own. It can be dangerous and frightening, even to the most experienced traveler.

But as you look up toward the hills, you're reminded that you're not alone. The rolling hills surround you, like a loving parent gathers you into his or her arms. The hills remind you that God is there, guarding you, loving you. Where does your help come from? It comes from Him! The One who made heaven and earth.

Day in and day out, year after year, each of us is faced with the wilderness of this world. Maybe it's the loss of a loved one. Maybe we're dealing with the hatred of others. Maybe it's our own fault, and we've sinned against another, making life difficult for ourselves and others. Maybe we or a loved one is suffering from difficult health conditions. The circumstances of this life on earth can cause us to lose hope. We find ourselves wondering if life will ever be worth living again, if life will have any value or joy.

"Don't give up!" It's easier said than done. But having faith in Jesus makes a huge difference in how we can endure such circumstances. True, we won't be without pain. The world is full of sin, so pain free is impossible this side of heaven. However, living in faith means we do have hope. We don't have to be afraid because we can trust Jesus and his promises. We can remember that Jesus gave his life for us on one of those hills: the hill of Calvary. And the story doesn't end there. Three days later, God raised his son from the grave to overcome sin, death, and the devil himself.

So, I encourage you to lift your eyes to the hills and remember that God conquered all through death and resurrection of his only son Jesus Christ. And in doing so, God has made us victors in Christ. He has put everything right in Christ. "The LORD is your keeper... The LORD will keep you from all evil; He will keep your life. The LORD will keep your going out and your coming in from this time forth and forevermore" (Psalm 121:5a, 7-8).