

Reflections on Psalm 121

The passage for Tuesday morning prayers in my virtual creative space retreat in April 2020 was Psalm 121. As I listened to it on the Bible app and read it through, the phrase 'he watches over you' caught my attention. I think I had previously read this in versions where the same phrase was translated 'he will keep you' and, as Boris Johnson had only recently left hospital after recovering from Covid 19, I was reminded of his comments about the care he had received.

He made special mention of two ICU nurses - Jenny from New Zealand and Luis from Portugal. These were his actual words: "Between them they stood by my bedside for 48 hours when things could have gone either way. The reason, in the end, my body did start to get enough oxygen was because, for every second of the night they were watching - they were thinking and they were caring and making the interventions I needed 24 hours a day -every second, every hour - thought and care and precision."

And so to Psalm 121: 3 - 7

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 for evermore.

My thoughts
He watches over me

He watches over me

For every second
every minute, every hour,
in the day and in the night,
through good or ill
He is watching;
alert and aware,
knowing and caring,
making the interventions I need
with compassion,
care and precision.

So
if the very worst were to happen,
if no one else
who knows and loves me
can be there
YOU WILL keep vigil
by my side.
YOU WILL hold me by the hand
when nobody else can.

You WILL and You DO
watch over me.