



Week 11: Psalm 121

#addewidagobaith #hopeandpromise



A song of ascents
Psalm 121

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;

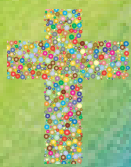
indeed, he who watches over
Israel will neither slumber
nor sleep.

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.

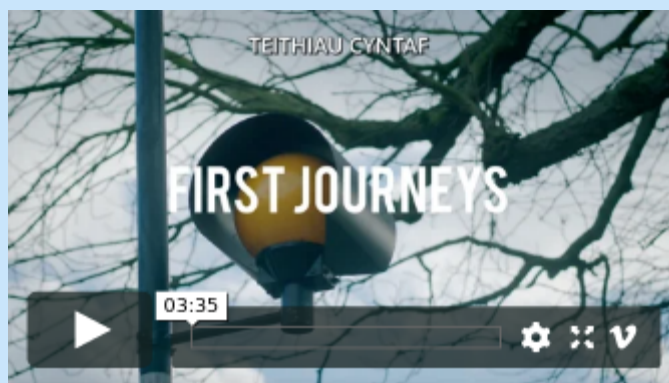


Psalm 121 describes the
long and dangerous journey
the Israelites would make
to go to Jerusalem.

They would do this every
year so they could worship
God in the temple. It was a
very challenging journey .
They sang psalm 121 to help
keep their spirits up.

*The Lord
keeps you
from all
harm and
watches
over your
life.*

*Psalm
121:7*



One of the first journeys we
make on our own is going to
school or or a local shop.

Follow the link to watch a film with
children discussing their first solo
journeys. The children share their top tips
on how to stay safe.

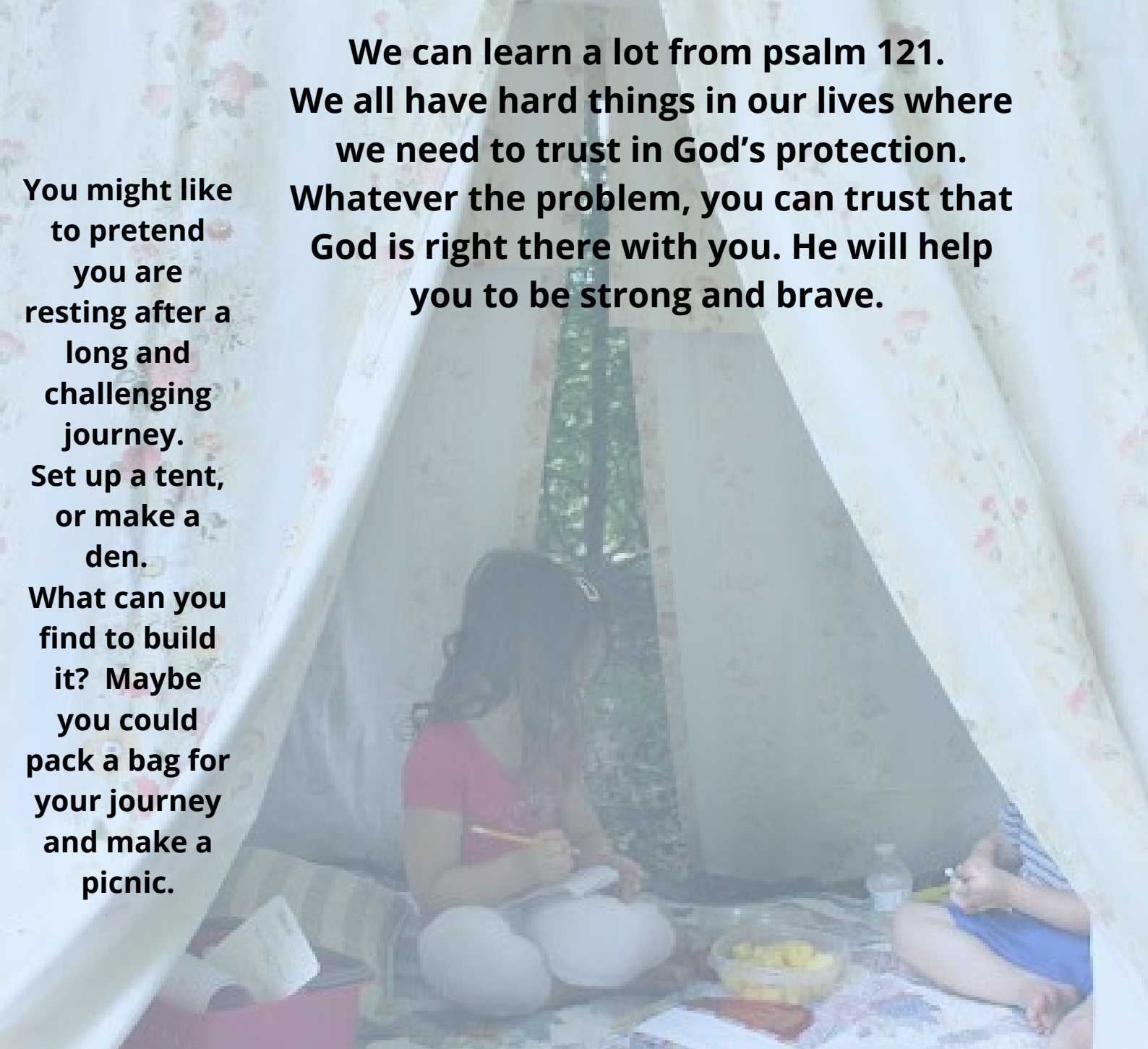
<https://www.think.gov.uk/resource/first-journeys/>

**We can learn a lot from psalm 121.
We all have hard things in our lives where
we need to trust in God's protection.
Whatever the problem, you can trust that
God is right there with you. He will help
you to be strong and brave.**

**You might like
to pretend
you are
resting after a
long and
challenging
journey.**

**Set up a tent,
or make a
den.**

**What can you
find to build
it? Maybe
you could
pack a bag for
your journey
and make a
picnic.**



How does this link to my curriculum?

**You are learning the skills to help you become healthy, confident individuals who
can find the information and support to keep safe and well.**



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