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# MINISTRY MOMENTS

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**“I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.”  
( Psalm 121:1-2 ESV)**



## **I Lift Up My Eyes to The Hills...**

Psalm 121 - A Song of Ascents - “I lift up my eyes to the hills. From where does my help come? (2) My help comes from the Lord, who made heaven and earth. (3) He will not let your foot be moved; he who keeps you will not slumber. (4) Behold, he who keeps Israel will neither slumber nor sleep. (5) The Lord is your keeper; the Lord is your shade on your right hand. (6) The sun shall not strike you by day, nor the moon by night. (7) The Lord will keep you from all evil; he will keep your life. (8) The Lord will keep your going out and your coming in from this time forth and forevermore.”

As the world faces the global pandemic of the novel coronavirus, many people are turning to God's Word for comfort. People are afraid, anxious, uncertain of what each day will bring. As we turn our hearts towards Jesus, He grants us peace in the midst of this storm. It makes me smile to see so many people posting Psalm 121 on their Facebook pages. This psalm has been a favorite of our East Africa field for many years. It brings us comfort when we face challenges.

It is also referred to as the traveler's psalm, written for a pilgrimage. The psalm begins with the traveler asking anxious questions and he embarks on a journey to Jerusalem with possible dangers along the way. The world is on a new journey into the unknown as we face the impact of the novel coronavirus. Many questions come to mind; When will this end? How did this happen? Why is this happening?

This psalm reminds us to focus on God. He is our creator and helper. The Lord is the Good Watchman always remaining alert, neither slumbering nor sleeping. Luther called this a "psalm of comfort" saying that it teaches us to remain steadfast in faith and await God's help and protection. God is always watching over us. In the final verses of the psalm we see the scope of the Lord's protection. He will continue to watch over us and protect us for a lifetime, as we face the duration of the novel coronavirus and forevermore.

Our lives have changed. Each day brings something different. We are doing our best to adjust to the "new normal". Schools are closed, there is a quiet in the streets as many are self-quarantined and borders are closed. Our Africa missionaries are taking shelter in their countries of service. We are continuing to do our best with regular communications to remind supporters that we remain engaged in the work we are sent to do even as it changes in the circumstances – "Spread the Gospel; Plant Lutheran Churches; Show Mercy"

Michael and I were in the midst of planning our home service. We don't know what will happen or when we will be able to travel. We do have some visits scheduled and will update you as things return to normal. Thank you for your prayers and know that we are praying for you.

*Yours in Christ... Shara & Michael*



## Prayers & Praise

- Pray for God's strength and guidance as Michael and I serve in Eastern and Southern Africa.
- Pray for God's peace in the midst of the fear and panic due to the coronavirus.
- Pray for the medical workers as they work tirelessly to care for the sick.
- Pray for the world leaders as they make difficult decisions.
- Pray for all LCMS missionaries.
- Praise God for all of the love & support that you give to me and Michael.

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