



On Praying

5 Days On “On The Road”

Day 1: Lifting Our Eyes

Reading: Psalm 121:1–2

Devotional: Life often feels like an uphill climb—stress, uncertainty, and exhaustion pressing down on us. The psalmist knew this feeling well. Pilgrims journeying to Jerusalem would literally look up to the hills, wondering how they would ever make it. But then comes the reminder: *“My help comes from the Lord, the Maker of heaven and earth.”*

Where we look determines what we find. If our eyes stay fixed on problems, we find despair. But if we lift our eyes to God, we find help, strength, and peace. Forrest Frank, after breaking his back, wrote a song about God’s protection—because in his weakest moment, he chose to look up.

Reflection Question: What situation in your life right now feels like the most significant uphill climb, and how can you shift your focus from the problem to God’s power?

Action Step: Every time you feel overwhelmed today, pause for 10 seconds, lift your eyes upward (literally), and pray: *“My help comes from You, Lord.”*

“Faith is the gaze of a soul upon a saving God.” – A.W. Tozer

Day 2: The God Who Never Sleeps

Reading: Psalm 121:3–4

Devotional: Ancient idols required constant tending, but they could do nothing in return. Our God is completely different—He never slumbers nor sleeps. He is vigilant when we are vulnerable. He guards us in every moment, even when we are unaware.

A hospital chaplain once noted that dementia patients, though forgetting many things, could still sing hymns they learned as children. Why? Because God had been watching over them, planting His Word deep in their hearts. His care is constant, His presence unfailing.

Reflection Question: When have you felt unseen or unprotected, and how does the reality of God's sleepless watch comfort you?

Action Step: Before bed tonight, thank God for being awake when you cannot be, and entrust Him with your worries.

"God is always doing 10,000 things in your life, and you may be aware of three of them." – John Piper

Day 3: God's Persistent Protection

Reading: Psalm 121:5–6

Devotional:

The psalmist calls God our "shade." In the desert, shade meant survival. God's protection is like that—constant, life-giving, essential. He shields us from the scorching heat of the day and the hidden fears of the night.

What are the "scorching suns" in your life—work pressures, family conflict, burnout? What are the "night fears"—anxieties that sneak in when it's quiet? Just as shade restores a weary traveler, God's presence restores you.

Reflection Question: What daily pressures or hidden anxieties do you need to bring under the shade of God's protection today?

Action Step: Write down one specific fear or pressure you face, and place it under your Bible as a symbol of resting it in God's shade.

"The will of God will never take you where the grace of God cannot keep you." – Corrie ten Boom

Day 4: From Harm to Hope

Reading: Psalm 121:7–8

Devotional:

These verses don't mean life will be free from hardship. Instead, they remind us that God's keeping power covers our whole journey—our coming and going, our past and future, our seen and unseen battles. Even when the path is treacherous, His hand is steady.

Mountain climbers use a buddy system. No one climbs alone—your survival depends on another’s watch. In the same way, God is our ultimate “buddy system.” But He also places us in a church family, a spiritual climbing team, to help each other endure.

Reflection Question: Where in your life do you need to trust more deeply in God’s promise to keep you? Who in your “climbing team” (community) can you lean on for support?

Action Step: Reach out to one person in your church community today—encourage them, pray with them, or simply remind them they’re not climbing alone.

“God never said that the journey would be easy, but He did say that the arrival would be worthwhile.” – Max Lucado

Day 5: Jesus, Our Ultimate Protector

Reading: Hebrews 7:23–25

Devotional:

Psalm 121 looks forward to help and protection—but Jesus is the fulfillment. Unlike priests who came and went, Jesus lives forever as our High Priest. He not only watches over us but actively intercedes for us before the Father.

His journey to the cross was the ultimate uphill climb. He walked it so we would never climb alone. Because He lives, we have eternal security, unshakable hope, and daily strength for every step.

Reflection Question: How does knowing Jesus is actively interceding for you right now shape your confidence in facing today’s challenges?

Action Step: Spend 5 minutes today praying boldly, bringing your fears and hopes to Jesus, trusting He carries them to the Father on your behalf.

“Christ is a substitute for everything, but nothing is a substitute for Christ.” – Charles Spurgeon