

Introduction

We can find solace from God's constant love and vigilance, just as a child finds comfort knowing that their parents are always watching over them. We find reassurance under the shelter of divine guardianship.

A song for ascents. *I turn my eyes to the mountains; from where will my help come? My help comes from God, maker of heaven and earth. [God] will not let your foot give way; your guardian will not slumber. See, the guardian of Israel neither slumbers nor sleeps! God is your Guardian, God is your protection at your right hand. By day the sun will not strike you, nor the moon by night. God will guard you from all harm, and will guard your life. God will guard your going and coming now and forever.*

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הַהָרִים
מֵאֵין יָבֵא עֲזָרִי: עֲזָרִי מֵעַם יְ-הוָה עֲשֵׂה
שְׂמִימִים וְאֶרֶץ: אֲלֵי־יָתֵן לְמוֹט רַגְלְךָ אֲלֵי־נוֹם
שְׁמֶרְךָ: הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר
יִשְׂרָאֵל: יְ-הוָה שְׁמֶרְךָ יְ-הוָה צִלְךָ עַל־
יָד יְמִינְךָ: יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכְבֶּה וְיָרַח
בְּלַיְלָה: יְ-הוָה יִשְׁמְרְךָ מִכָּל־רָע יִשְׁמַר אֶת־
נַפְשְׁךָ: יְ-הוָה יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ מֵעַתָּה
וְעַד־עוֹלָם: (תהלים קכא)

"I turn my eyes to the mountains; from where will my help come?" (אֲשָׁא עֵינַי אֶל־הַהָרִים, מֵאֵין יָבֵא עֲזָרִי). This opening line sets the tone of dependence on divine assistance. When facing illness, these words may provide comfort by reminding us that help and healing come from the Creator of heaven and earth. "See, the guardian of Israel neither slumbers nor sleeps" (שׁוֹמֵר יִשְׂרָאֵל). God is always watching over us. This imagery of God as a protector, One Who does not sleep, likens Him to a parent who stays awake all night with a sick child. God is consistently present, even in the darkest and most challenging times.

The Psalm concludes by reiterating the powerful blessing of ongoing protection: "God will guard your going and coming now and forever." (יְ-הוָה, יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ -- מֵעַתָּה, וְעַד־עוֹלָם). Divine protection may be found in this scary moment, and at all other times.