**11th November 2020 –** Mark Farthing

Psalm 121 4.5

He never slumbers or sleeps ...The Lord himself watches over you

How amazing to know that the God of the universe is himself always watching over you and me. It’s a truth that has brought much comfort to me when I have gone through difficult times.

I read once how during the first world war; Florence Nightingale visited wounded soldiers in hospital at night-time carrying a lamp. For many soldiers just the sight of Florence with her lamp was a comfort. In a difficult time, they knew someone was watching over them and they were not alone.

In reality there would be times when Florence or another nurse could not be present. But our God is always present. By his spirit He keeps His promise to always be with us and watch over us. In this context watch means to guard, protect or tend and that's what the Lord our shepherd does for us. Remember *‘nothing can ever snatch us out of His hands*’.

The Lord is also our light (Psalm 27:1) which dispels the darkness of distress, trouble, and sorrow.

So, whether we are, anxious or fearful, hurting or grieving let us remember, the Lord himself is watching over us. He will always protect and provide for us. His light will shine upon us.

*Jesus, Light of the world, shine upon us.*

*Set us free by the truth you now bring us.*

*Shine on me, shine on me.*

<https://www.youtube.com/watch?v=nTIGVIcHsFE&ab_channel=Maranatha%21Music>