**Lent Devotionals – Day 5**

Fasting Challenge: Television & Movies

Scripture Reading: Psalms 121

Supplemental Readings: Psalm 120-134

Prayer Emphasis: Hope & Joy

“*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*..*.”*

*(Psalm 121:1-2)*

Devotional Thought: This week we begin a new chapter of our Lenten theme, “The Way of the Cross,” as we look at a different part of Jesus’ journey in “The Way to Jerusalem.” Jesus’ final journey to Jerusalem was a turning point in His life and ministry, but it was not a trip that was out of the ordinary for a Jew of His day to make.

Psalms 120-134 are referred to as the “Song of Ascents,” because they refer to the Psalms sung by Jewish pilgrims making the journey from their hometowns to the hills and mountains surrounding Jerusalem. In the First Century, Jews living outside of Jerusalem were expected to make this journey for the three feasts (Feast of Tabernacles, Feast of Weeks, and Passover) commanded by God in Deuteronomy 16:16. Jesus was not from Jerusalem and neither were His disciples, and so they traveled to Jerusalem to celebrate the feasts. More than likely, these Psalms would have been on Jesus’ and His disciple’s lips as they were ascending the hills of Jerusalem to celebrate the feast of Passover for the last time.

As we start our “Way to Jerusalem” this week, begin by reading and praying Psalm 121, one of the same Psalms Jesus would have on His “Way to Jerusalem.” After you finish reading and praying, take the time to read and pray through the other “Songs of Ascents” (Psalms 120-134).

*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.