

“Always”

Jason Ingram | Kristian Stanfill
CCLI Song # 5881037

Many of us know and have grown to love the song “Always” by Jason Ingram and Kristian Stanfill. The song reads as follows:

*Oh my God, He will not delay
My refuge and strength, always
I will not fear, His promise is true
My God will come through, always.*

*I lift my eyes up
My help comes from the Lord.*

The lyrics of the chorus and bridge of this song are rooted in the Psalms of ascent, specifically Psalm 121. Read the passage below silently to yourself.

Psalm 121

¹I lift up my eyes to the mountains—
where does my help come from?
²My help comes from the Lord,
the Maker of heaven and earth.
³He will not let your foot slip—
he who watches over you will not slumber;
⁴indeed, he who watches over Israel
will neither slumber nor sleep.
⁵The Lord watches over you—
the Lord is your shade at your right hand;
⁶the sun will not harm you by day,
nor the moon by night.
⁷The Lord will keep you from all harm—
he will watch over your life;
⁸the Lord will watch over your coming and going
both now and forevermore.

Once you have read the passage once, read it again a second time out loud. Listen for words and phrases that stick out. Take note of these promises of God by underlining or highlighting them.

Meditate on the following truth from the Psalmist. Take a time of silence and pause between each line.

“My help comes from the Lord, the Maker of heaven and earth.”

“My help comes from the Lord, the Maker.”

“My help comes from the Lord.”

“My help comes.”

Reflect on the following promises of God's character. Take a time of silence and pause between each line.

“He will not let your foot slip.”

“He will neither slumber nor sleep.”

“He watches over you.”

“He is your shade.”

“He will keep you from harm.”

“He will watch over your coming and going.”

Questions

1. What attributes has God revealed to you of himself from this passage? Write those below.

2. How has the Lord already provided help for you today? Don't necessarily think of big picture ideas, think of the small details like breath, shelter, community. Write those below.

3. What are practical ways the you will choose to “look up” today? In what ways will you reinforce what is true and certain? Write those practices below.

The following practice may come new to you, it is the idea of a breath prayer. Try this breath prayer today to steady yourself and ingrain the Word of the Lord into your heart. Take a slow, deep breath; pause, then exhale. While you do this, remember the words of the Psalmist found in Psalm 121.

Inhale: “My help comes from the Lord”

Pause

Exhale: “the Maker of heaven and earth.”

Each time today that you read a news article update or hear troubling news, remember to look up, for our help is on the way.

Attached below is the link to the song “Always.”

https://www.youtube.com/watch?time_continue=16&v=hN7L3m9jIcc&feature=emb_logo