

DEVOTIONAL SERIES
I WILL REJOICE
LT-COLONEL BEVERLEY SLOUS



I lift up my eyes to the mountains—where does my help come from?
My help comes from the Lord, the Maker of heaven and earth (Psalm 121:1–2 NIV).

Psalm 121, one of the Songs of Ascents, was traditionally sung by travellers and pilgrims as they made their way along harsh and often dangerous routes toward Jerusalem, the Holy City. The threats they faced were real—robbers, wild animals, unforgiving terrain, and the constant tension of living under foreign occupation.

Dan Bate has offered a modern “song of ascents” through his composition *I Will Rejoice*. His timely lyrics and an uplifting musical setting remind us that, despite our circumstances, a larger reality is at work—one in which God remains sovereign and steadfast, even when our world feels unstable or overwhelming. Above all, the song reminds us that the God who provides our help is entirely trustworthy.

When our attention is fixed solely on our immediate struggles, we can easily be drawn into discouragement and a sense of hopelessness. *I Will Rejoice* invites us to lift our eyes once again to God, shifting our perspective from despair to hope:

*When I kneel praying for the world to change,
I rely on ev’ry single promise made.
Who gives me strength to fight,
To make the darkness light?
When I’m lost, wand’ring through the wilderness,
I can rest in Your unfailing faithfulness.
I trust in Your great name.
Your power stays the same.*

When we allow God to reshape our perspective, we begin to see our circumstances through His lens. What once felt oppressive becomes manageable because we are no longer carrying it alone.

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 (Psalm 121:7–8 NIV).