Devotions for  
YOUNG PEOPLE

Hello, friends!

In today’s busy and overwhelming world, ‘looking up’ reminds us where real help, safety, and guidance come from. Inspired by Psalm 121, these devotions help you focus on God, the Creator of heaven and earth, instead of life’s distractions and challenges.

Each devotion invites you to pause and think about how God watches over you, giving protection in hard times and guidance in daily life. You’ll find simple ways to grow in faith, turn worries into prayers, and build a closer relationship with God. Whether you’re facing a tough situation, looking for comfort, or just need clarity in your day, these reflections encourage you to ‘look up’ – an act of faith that brings peace and confidence.

Enjoy this journey to connect with the One who always listens, cares, and is there for you.

# Looking Up for Help

Read: Psalm 121:1-2 NIV

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.

We all face problems that seem too big to handle on our own. Psalm 121 encourages us to ‘look up’ to God, not to other things that may distract or overwhelm us. Take a moment today to reflect on something challenging in your life. Instead of focusing on the problem, focus on God. Write a prayer asking him for help and strength.

# Looking Up to the God Who Never Sleeps

Read: Psalm 121:3-4 NIV

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.

God is always watching over us, even when we aren’t aware. He never takes a break from caring for us. Think about how it feels to know that you can ‘look up’ to a God who is always awake, ready to listen and act. Write down one situation where you felt alone, and remind yourself that God was with you even then.

# Looking Up for Safety and Shelter

Read: Psalm 121:5-6 NIV

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.

When life feels harsh or scary, God promises to be our shelter. This doesn’t mean that problems disappear, but it does mean that we are not alone. When you feel vulnerable or exposed, how can you ‘look up’ to God for peace? Try to spend time in prayer, asking God to be your shelter this week.

# Looking Up for Guidance in Everyday Life

Read: Psalm 121:7-8 NIV

‘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 for evermore.’

God’s protection isn’t just for big, dramatic moments – it’s for your everyday life. Whether you’re at school, home or with friends, God is guiding you. Today, ‘look up’ to him in small things. Before you make decisions, even simple ones, ask God for guidance and see how he leads you.

# Look Up When You are Afraid

Read: Isaiah 41:10 NIV

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Fear is something we all experience, but God wants us to ‘look up’ to him and trust that he is with us. Think of a fear you’ve been holding on to, and, in prayer, give it to God. Every time that fear comes back, practise looking up to God instead of focusing on your worry.

# Encourage Others to Look Up

Read: Hebrews 12:1-2 NIV

Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

This verse reminds us to keep our eyes on Jesus as we run the race of faith. But we’re not alone – we can help others to stay focused too. Think of someone who might need encouragement. How can you help them to look up to God this week? Offer a prayer or share a kind word with them.

# Look Up and Live with Confidence

Read: Romans 8:28 NIV

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

To ‘look up’ means to trust that God is working all things for good, even when we can’t see it right now. As you wrap up this week, reflect on how looking up to God has changed your perspective. Write down one way that you want to keep practising looking up to God in the future.