Recently my best friend from kindergarten’s grandfather died after a quick and painful battle with pancreatic cancer. As I sat in a pew at his funeral, I thought about how rare it is to still keep up with someone you were friends with in kindergarten when you are twenty years old. I was glad that I could be there for my friend in her time of grief, but I was struck with an overwhelming sense of guilt at the same time. We had stayed friends all through elementary and middle school, and though we grew apart in high school, we still managed to keep in touch. Sitting in the church I realized that I had not so much as sent her a simple text since we had started college. What kind of friend had I been that I had basically ignored her for two years, only checking in when tragedy struck her family?

We all have friends like the kind I had been – people who promise to be there for you but then only show up when something really happy or really sad happens in your life. Psalm 121 is an assurance of God’s protection. It is an affirmation that even when friends who say they would be there, forget about you, our God is always watching out for you. The psalmist promises, “He who keeps Israel will neither slumber nor sleep.” What a wonderful concept, that there is not a single moment that God is resting from His protection over you. He is the one friend you can always count on.

**Life Question:** What relationships in your life are you taking for granted?

**Prayer:** Lord, thank you for being my constant protector. Help me be a keeper for others as you are for me. Amen.

*Courtney Jennings, Wesley Fellowship President, Class of 2016*