

Look to the hills from whence come your help...

We wake up each day not knowing what we will ultimately face. No matter what it is, one can “Look to the hills from whence come your help your help comes from the Lord”. On this journey called life, there will be some ups and downs, joy and sorrow, twists and turns, some stops, yields, and go. No matter what, God the creator is with you to help you on the journey. For God is our creator. We are created in His image. God will guide us and direct us as long as we trust Him. When one looks up to God, God will provide you strength. God created everything. God is Jehovah Jireh our provider.

God got you! God covered the children of Israel with a cloud by day and a pillar of fire by night, surely God’s got us on this journey call life. God’s promises are true from the Old Testament to the New, “He said “He will never leave us nor forsake us”. God got us! No one is perfect. Only God is perfect. God’s protection is available when you go out and when you return. God is Omnipresence. Everywhere we go, God is present. We meet God when we get there. God is Jehovah Shammah.

God cares for us. “Do what you can and God will do what you can’t.” Pray without ceasing, constantly. Give thanks to God for being with you on this journey. Do not take God for granted. God deserves our prayers and praises, our love and lives, our services and sacrifice to and for one another. “You don’t always need a plan sometimes you just need to breathe, trust, let go and see what happens.”

Let Us Pray

God, We thank you for traveling with us each day on this journey called life, some days are harder than others, nevertheless we won’t let go, for “thou word is a lamp unto my feet and a light unto my pathway” it comforts us as you care for us. Lord, You are my rock, my shield and my salvation. Forgive us of our sins. Continue to guide us as we walk in your will and your way during this Lenten Season and beyond no matter what, we will look up and trust you Lord, in Jesus name Amen.



Dr. Stephanie L. Wilkes is a native of Richmond, VA. She is a proud Armstrong - Wildcat graduate, class of 80. She graduated from the Samuel DeWitt Proctor School of Theology in 1998 with a Master of Divinity. In 2013 received her Doctorate of Ministry from Wesley Theological Seminary in Washington, DC. Stephanie has done extensive denominational work for the Tuckahoe Baptist Association of VA, the VA State Baptist Sunday School & BTU Congress of VA , American Baptist Churches of the South, Lott Carey, and Baptist General Convention of VA. Stephanie currently works at the Baptist General Convention of Virginia for Sacred Spaces which is preserving the history of our African American Churches, cemeteries, and land. She attends the Seventh Street Memorial Baptist Church under the leadership of Pastors Micah & Dr. Arcelia Jackson. Dr. Stephanie loves plants, movies, reading and playing games.