

Color the Word

THE PSALMS SERIES

"I LIFT UP MY EYES"

Psalms 121

A SONG OF
Ascents

TO COPY, COLOR, AND MEMORIZE!

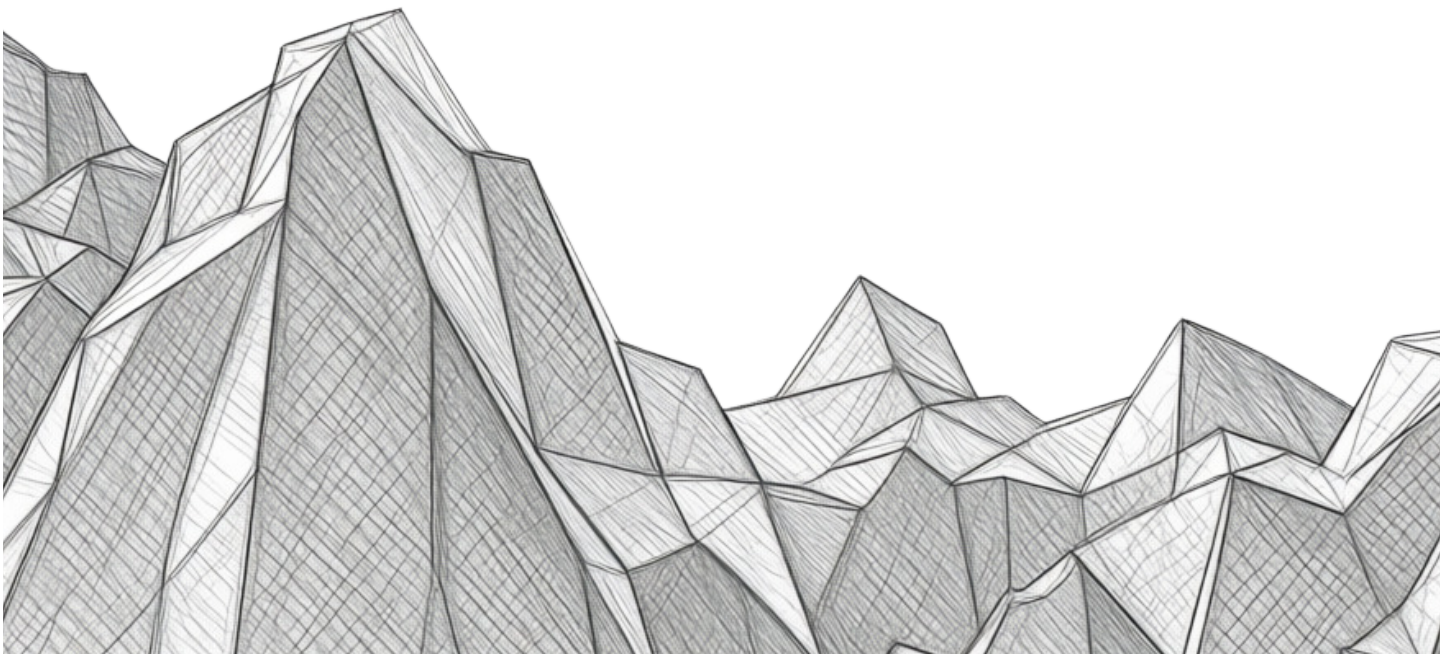
FROM THE CREATORS OF

Writing
His Word
on My Heart

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Color the Word Psalm 121
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THE PSALMS SERIES

What is Color the Word?

If you are familiar with our flagship book, *Writing His Word on My Heart* (formerly *Write the Word on My Heart*), many parts of this book will look similar. While the graphics have been updated slightly, we're still using handwriting, coloring, and recitation to learn one Bible verse over the course of a week. But while WHWOMH focused on learning a variety of scriptures, *Color the Word* will focus on short, whole chapters (or themes) of scripture. This book includes just 6 verses and features daily 10-minute exercises to help your child memorize one verse each week.

Day 1: READ, REPEAT, TRACE, and COPY

We recommend reading the verse aloud at least 5 times with your child, then encouraging them to try it on their own. Before they copy and trace the verse, take a moment to discuss what the verse means.

Day 2: Find the MISSING WORDS, READ, REPEAT, TRACE, and COPY

Read the verse together. Today, as you repeat the verse, try emphasizing a different word with each repetition. (You'll find examples on each "Day 2" page). Also, several words are missing today. Can they figure out which ones? Each day, a few more words will be removed. Once they fill in the missing words (feel free to help), read the verse together. Have your child repeat the verse back to you. Finish by tracing and copying the rest of the verse.

Day 3: Find more MISSING WORDS, READ, REPEAT, TRACE, and COPY

There are a few more words missing today. Let your child take the lead with today's verse. Can they recite the verse without your help? Say it together a few times, and help them spell the missing words if needed. (We want to keep this fun, and our focus isn't on spelling.) Trace and copy the verse.

Day 4: Even more missing words, trace, copy, and PONDER together

Before you begin, do they know the verse? They may. Read the verse together, asking them to add the missing words. After 4 days of copying this verse, it's a good time to PONDER. What does this verse mean to them? Use the prompt provided, or add your own. Then, finish by having your child copy and trace the verse.

Day 5: Try out the coloring page, highlight the extra verses, or just RECITE the verse

It is time to recite! Before you open the book, give your child the verse reference and have them recite it. Then, flip it around. Read the verse to your child and see if they can tell you the reference. (You can let them test you, too.) Encourage them to share with a visiting grandparent, a Sunday school teacher, or anyone who'll listen! Woot! Another verse written on their hearts! Try the extra highlighting and cursive pages if you'd like, or color the coloring page and display it.

Don't forget to RETURN to the verse often and REVIEW.

As you get further along, it will be especially helpful to recite the verses as a full chapter so your children can get familiar with reciting the passage as a whole rather than as individual verses. You can also return to the extra tracing page for more practice throughout the month.

Don't forget to check out the final pages for a few extras... ENJOY! We hope these eight weeks in Psalm 121 will stay with them for life.

*"In thy agony of a troubled conscience
always look upwards unto a gracious God
to keep thy soul steady;
for looking downward on thyself
thou shalt find nothing
but what will increase thy fear."*

Thomas Fuller
1608-1661

*“I lift up my eyes to the hills,
From where does my help come?”*

*“My help comes from the Lord
who made heaven and earth.”*

Few phrases have been more helpful to me through the course of my life than this one.

When the enemy comes in like a flood: “I lift up my eyes...”

When oppressive sadness lingers, “I lift up my eyes...”

When everything goes well, and a joyful thanksgiving fills my heart, “I lift up my eyes...”

When I’ve sinned and need to experience fresh grace and forgiveness, “I lift up my eyes...”

When I’ve been sinned against and can’t seem to forgive, “I lift up my eyes...”

When I’ve been angry or overwhelmed or tempted or stuck with seemingly no way out, over and over, I have heard this phrase in my heart, “I lift up my eyes to the hills, from where does my help come,” and over and over, the Lord has turned my eyes from myself, and up to Him, giving hope and help in time of need.

For years, especially when my children were little, I’d tuck my kiddos in bed, take the dog out one final time, and just gaze into the heavens. No kids. No husband (Though I love them dearly). No phones. But so often, as soon as I would step onto the porch and look towards the sky, I’d hear this verse in my heart.

Some nights I saw the moon, full and bright. Other times, constellations and a star-filled sky. Sometimes, clouds blocked everything from view. But always when I looked up, there was a reminder: there is Someone so much greater, so far beyond me, who can help. Maybe it was something like what David experienced in Psalm 8.

*“When I look at your heavens, the work of your fingers,
the moon and the stars, which you have set in place,
what is man that you are mindful of him,
and the son of man that you care for him?”*

Psalm 8:3-4

And like David, those star-gazing experiences humbled me. There’s something about looking up that makes you feel both large and small at the same time. On the one hand, “What is man that you are mindful of him, that you care for him? On the other hand, the God who created the entire universe and everything I can see (and immeasurably more that I can’t see) ...cares for me?!? And as Psalm 121 points out –keeps me– in so many ways. I hope your children are blessed as they memorize this Psalm, and I hope you’ll memorize it right alongside them. We all need this reminder to lift up our eyes.

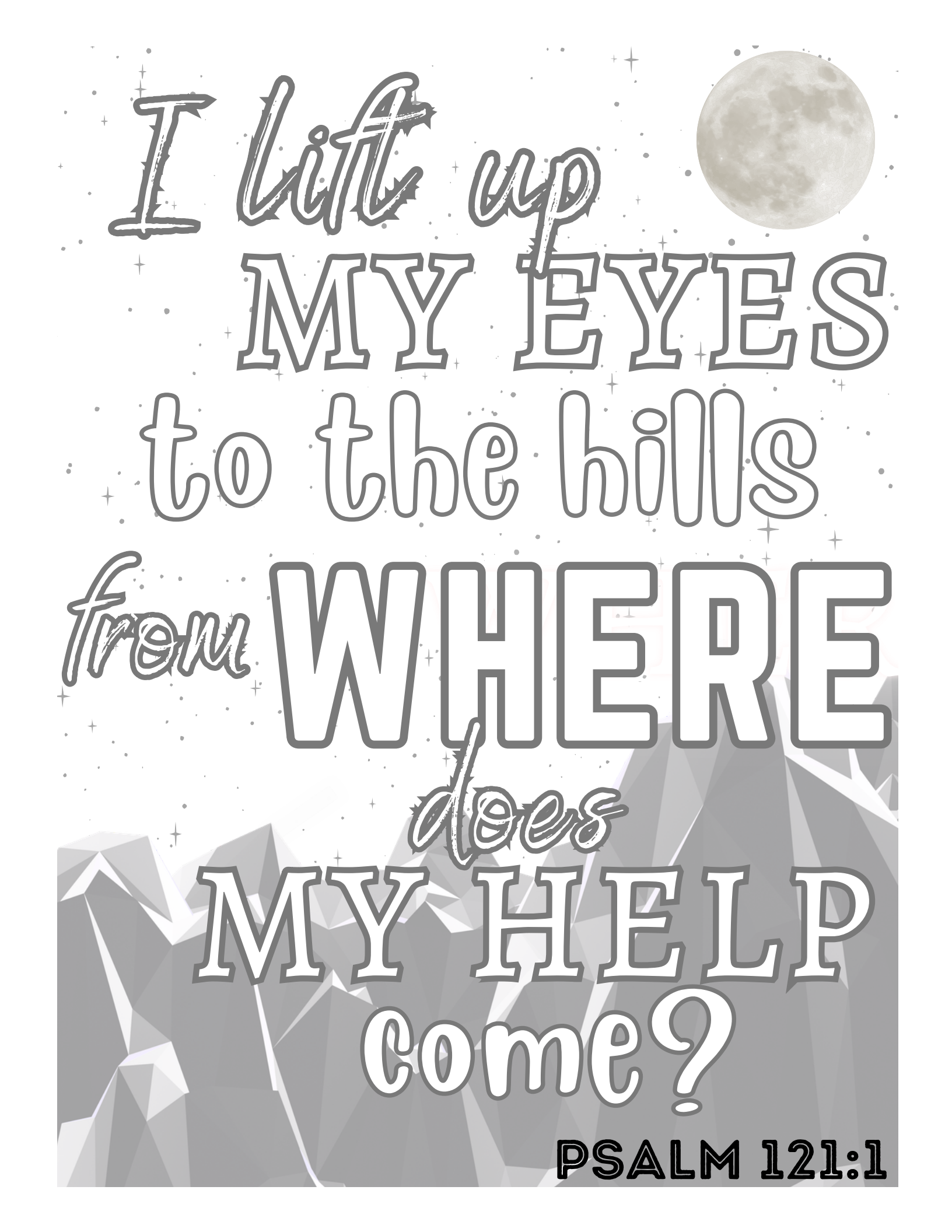
Katherine

I lift up my eyes to the hills.
From where does my help come?
My help comes from the Lord,
Who made heaven and earth.
He will not let your foot be moved;
He who **keeps** you will not slumber.
Behold, he who **keeps** Israel
will neither slumber nor sleep.
The Lord is your **keeper**;
The Lord is your shade
on your right hand.
The sun shall not strike you by day,
Nor the moon by night.
The Lord will **keep** you from all evil;
He will **keep** your life.
The Lord will **keep** your going out
And your coming in
from this time forth and
forevermore.

—*Psalms 121:1-8*—

*“I lift up my eyes to the hills,
From where does my help come?”
“My help comes from the Lord
who made heaven and earth.”*





I lift up
MY EYES
to the hills
from **WHERE**
does
MY HELP
come?

PSALM 121:1

Day 1: Repeat Psalm 121:1 5x out loud. If you want to get creative, set it to a beat or turn it into a song. Then trace and copy the verse on the lines below.

I lift up my eyes to the
hills, from where does my
help come?

Psalm 121:1

Handwriting practice lines for copying the verse. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are five such sets of lines provided for practice.

Day 2: Repeat Psalm 121:1 aloud. Try emphasizing a different word each time you repeat the Psalm. (For example: I lift up, I LIFT up, I lift UP, I lift up MY ... and so on.

I lift up my to the
 from where does
help come?

Psalm 121:1

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for tracing and independent writing.

Day 3: Do you remember all the missing words today? Fill them in, then copy the verse below and repeat it aloud 5x.

I lift my the
 from where does
 come?

Psalm 121

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for copying and repetition.

Day 4: Last day of copy work. Trace, copy, and repeat the verse 5x like normal. As you repeat it, try to say it slowly. Let the word sink into your heart. **To PONDER:** Where does our help come from? What do we do when we need help? This is a verse to remember for life.

I [] [] my [] [] the
[] from [] does []
[] [] ?

Psalms 124:

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for copying and tracing the verse.

Trace the dots!

I lift up my eyes to the hills,
from where does my help
come?

Copy the lines!

I lift up my eyes to the hills,
from where does my help
come?

Color the Caps!

I LIFT UP MY EYES TO THE HILLS,
FROM WHERE DOES MY HELP
COME?

Highlight in Cursive!

I lift up my eyes to the
hills, from where does my
help come?

PSALM 121:1