

Help!
A Psalm About Protection
“Journey: Songs for the Road (2)”
Psalm 121

1. Look Up!
 - Look to the mountains, not the valleys!
 - Our help comes from God, who is totally qualified to give help
 - He made heaven, earth, and everything in it!
2. God Keeps You
 - God will direct your steps and keep you steady
 - God keeps not only Israel, but also Israelites
 - God doesn't just keep the Church, but also Christians.
 - Your individual life is not unimportant to God (Mt. 10:29)!
 - God never sleeps on the job, He is always watching and in control
3. God Keeps You All the Time
 - God is your preserver
 - God is a shadow, always with you and always on you
 - Shadow over your right hand – symbol of strength and life
 - The sun won't strike you, or the moon!
 - God watches you 24/7, 365!
4. God Keeps You From...Everything?
 - This word means “evil”, not necessarily “harm.”
 - God ultimately preserves us from evil, not a blanket promise of a “stress-free” life.
5. BIG POINT: God is our helper in times of trouble, and the ultimate sustainer and keeper of our life!

Bible Reading: Psalm 121

- I lift up my eyes to the hills.
From where does my help come?
- ² My help comes from the LORD,
who made heaven and earth.
- ³ He will not let your foot be moved;
he who keeps you will not slumber.
- ⁴ Behold, he who keeps Israel
will neither slumber nor sleep.
- ⁵ The LORD is your keeper;
the LORD is your shade on your right hand.
- ⁶ The sun shall not strike you by day,
nor the moon by night.
- ⁷ The LORD will keep you from all evil;
he will keep your life.
- ⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.