

My Help Comes from the Lord

Psalm 121:1-8

A song of ascents.

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. 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. 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. 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 forevermore.

Some special things about this Psalm

A song of ascents.

A song for going up, singing on the journey, looking forward in hope of meeting together with God,



Eg .Passover/Easter -> next great pilgrim feast Pentecost
Cf Acts2 from all over the known world

In the Psalm writer's day in the land of Israel people were travelling together in groups up to Jerusalem cf Luke's account of Jesus' visit to Jerusalem.

The psalmist is having a conversation of questions and answers with himself. (which became a communal song for the journey)

I lift up my eyes to the mountains--

An interesting Hebrew expression. We would say 'look up'.

There are mountains around Jerusalem especially Mt Moriah, which is the temple mount (and future site of the crucifixion)



Their point of focus is meeting with God in his chosen place
The psalmist is looking up in every sense !

where does my help come from?

It's a question but it isn't because he knows the answer

My help ?

Don't we need it ! He knows where to get it .



My help comes from the LORD, the Maker of heaven and earth.

The special name of God, LORD
is the Covenant relationship word
Creator power ! He's the kind of help we need – all sufficient



He will not let your foot slip -

Are you prone to accidents ?
Temptation, danger and harm



He is our sure protector – often not appreciated at the time

he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor sleep.



24/7 protection

The Key word
6x in last 6 verses

Keeper/Guard
to watch over



he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor sleep.

Why doesn't God sleep ?
(remember Elijah's taunts with the prophets of Baal)



Note : God's care for his chosen people, Israel

The LORD watches over you-

he who watches over the nation 'flock',
watches over the individual sheep too – you !



- the LORD is your shade at your right hand;

On a hot journey (life's hot spots) he is a protective shade



Where you need it –right-handed ? In on the action

the sun will not harm you by day,

Daytime troubles - sun stroke/burn

In times of the visible issues



nor the moon by night.

Night time problems
– fears/ nightmares/
strange shadows

The cold/frosty night time
as the temperature
drops after sunset



See 1, God's care in Genesis 31.40 – Jacob kept by God

2, Israel in the wilderness journey –
the Presence in the Cloud/Pillar of fire

The LORD will keep you from all harm



Health



Safety

guaranteed ?

What can really harm you ?

Sin, disobedience, Satan's works

“It is finished” is the ultimate guarantee

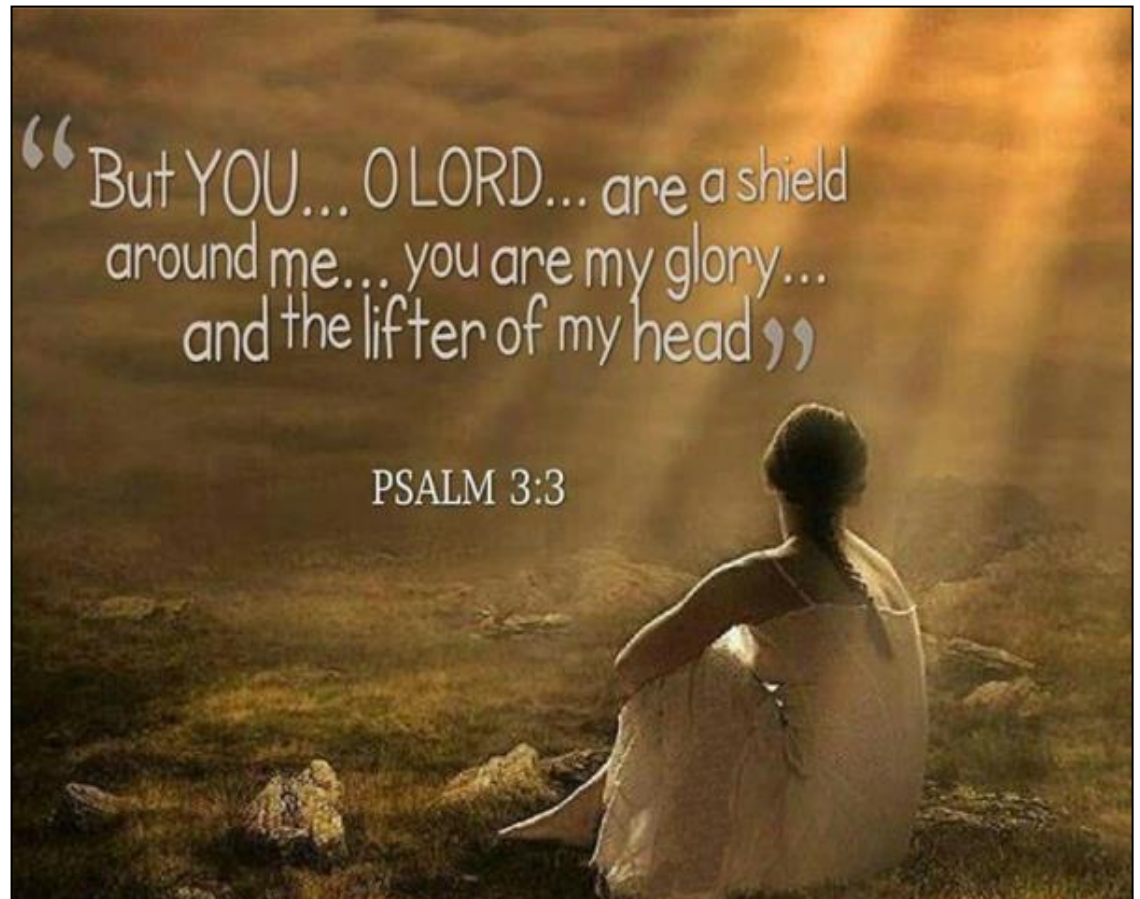
1 Peter 2:24-25 "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

Present help - death defeated

He will watch over your life;

Our PPE = the LORD

Present **P**eace **E**nvelope



the LORD will watch over your coming and going

He is claiming the Bible promise in Deuteronomy 28:6

If you fully obey the LORD your God and carefully follow all his commands I give you today

You will be blessed when you come in and blessed when you go out.



Going out to work, service, life's demands

Coming home to rest, restoration, into his Presence

A practical application for the Jewish people

They have a Mezuzah at the door containing

a copy of Deuteronomy 6: 4 – 6

following the instruction of verse 9



both now and forevermore.



A past God - Has he cared for you ?

A present (Now) God – Does he care for you?

A future God – Forever (until the age to come)
– Are you trusting ?

I lift my eyes to the hills (where our Lord reigns)



Are we looking forward on the journey?

**I do not know what lies ahead,
the way I cannot see;
Yet one stands near to be my guide,
He'll show the way to me**

***I know who holds the future,
And He'll guide me with His hand;
With God things don't just happen,
Everything by Him is planned.***

***So as I face tomorrow,
With its problems large and small,
I'll trust the God of miracles,
Give to Him my all.***

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