

Summer of Psalms

Now and Forevermore – Psalm 121

July 22, 2018

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.

– Psalm 121:1-2

I. TO THE STRONG FOR STRENGTH

- The psalmist's hope is in the Lord. Pilgrims to Jerusalem would have walked through these very hills that they sang about (Deut. 8:7; Ps. 50:10; 98:8; Joel 3:18).
- Our helper is God; and a great helper he is. He is the creator of all things (vs. 2; Isa. 45:18-19; Col. 1:15-16).
- There is never a moment when you are not being watched over (Zeph. 3:17).

II. KEPT...NOT CODDLED OR EMPOWERED

- "To keep or to guard" (Hebrew: *shamar*). The term is used six times by the psalmist in eight verses.
- This psalm is entirely about what God does and nothing about what we do (John 15:16).
- We know God because he has revealed himself to us. We are saved because of him, not because of us (1 Cor. 1:30; Phil. 1:29).
- God has given us his gospel. The gospel is given in exchange for our lives, not in addition to our lives (2 Cor. 5:17-19).
- He who watches over us began a good work, and he will see it through to completion (Phil. 1:6).

KNOW: As followers of God (of Christ, in our setting today), we can know that once we are in the Lord, we are in the Lord forever. He is our keeper, we do not keep ourselves.

DO: Give your life to Christ. Let him be your keeper.

Recommended Reading:

The Christian's Secret of a Happy Life by Hannah Whitall Smith
(LifePoint Library #248.4 SMI)

Questions/Discovery Points for Life Groups/Families

Please read Psalm 121

1. What is the psalmist's hope in this psalm?
2. Who is God in this psalm?
3. Where is the emphasis in this psalm, on humans or on God? Why?
4. The psalmist says in vs. 7 that the Lord will keep you from all evil. Why then do bad things still happen to us?
5. Is this psalm comforting to you? What about it makes it that way?
6. How long does the Lord watch over us and keep us (see verse 8)? How does that make you feel?
7. What is your takeaway from this psalm?