

Worship on the Journey

{the songs of ascent}

The Journey and God's Protection

Psalm 121

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| 1 | I lift up my eyes to the hills.
From where does my help
come? | 5 | The Lord is your keeper;
the Lord is your shade
on your right hand. |
| 2 | My help comes from the Lord,
who made heaven and
earth. | 6 | The sun shall not strike you by
day,
nor the moon by night. |
| 3 | He will not let your foot be
moved;
he who keeps you will not
slumber. | 7 | The Lord will keep you from all
evil;
he will keep your life. |
| 4 | Behold, he who keeps Israel
will neither slumber nor
sleep. | 8 | The Lord will keep
your going out and your
coming in
from this time forth and
forevermore. |
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Overview

Psalm 121 points us to God as Keeper. It is in fact the central theme of the psalm, repeated six times and coming to a head with “The LORD is your keeper” in verse 5. As our keeper God guards us, he shelters us, and he protects us from all evil.

Introduction

In the journey of life we need help. We need God's help and he is ready to supply it. As the psalmist looks to God for help in verses 1-2 he goes on to unpack what that help looks like in the remainder of the psalm. Specifically, God helps us as our Keeper.

1. God helps us [Verses 1-2]

These two verses serve as the launching pad that is explained by the remaining six verses. We can be confident in God's help because he is the divine Maker. As Creator he has power and control over all that takes place in this world.

2. God keeps us as our guardian [Verses 3-4]

God is constantly aware of what is going on in our lives. He is never distracted or absent. He guards our every step in life.

3. God keeps us as our shelter [Verses 5-6]

Many difficult things come our way in this life. There are hardships both day and night and God is with us as our shelter in them all.

4. God keeps us as our protector [Verses 7-8]

God protects us from evil and from the evil one. There is not a place we can go where God is not watching over us and protecting us.

1. God as Creator is a key theological perspective that impacts everyday life. If God made us and all that we see, what else does that say about him and your lifespan? Brainstorm a number of possible impacts.
2. Share a season or instance in your life when you very much depended on the presence of God in the midst of a difficult time. What about God's awareness of your situation was important to you?
3. Is it difficult to be mindful of the fact that God is always with you and is always watching over you? Has there ever been a time when you've doubted that or have been less mindful of that truth?
4. If God can shelter and protect you from all evil and all hardship, what do you do when something bad does in fact happen in your life? What other Scriptures help you understand Psalm 121 when something evil does happen in this world or even to you personally?
5. How does Psalm 121 impact your perspective of a specific difficult circumstance you are in right now?
6. Spend some time praying through this psalm, allowing each phrase and/or verse to guide your words.