

## Psalm 121

No. 169

### Introduction.

- I. One of the most beautiful and meaningful psalms ever written is the 121<sup>st</sup> psalm. It is called “A Song of Ascent” It was a song for people about to embark on a journey. It was perhaps sung by pilgrims coming to Jerusalem to the temple on Mount Zion. The promise of the hymn for people is that through the perils of the trip God will keep them safe. The psalmist exclaimed,

**PSA 121:1 I Will lift up my eyes to the mountains; From whence shall my help come? 2 My help comes from the Lord, Who made heaven and earth. 3 He will not allow your foot to slip; 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 [to shade you from the sun]. 6 The sun will not smite you by day, Nor the moon by night. 7 The Lord will protect you from all evil [dangers]; He will keep your soul. 8 The Lord will guard your going out and your coming in From this time forth and forever.**

- II. For the next few minutes I would like for us to study some of the great truths of this psalm.

- I. **The Source Of Our Help** - The inspired penman begins by affirming the source of our help.

- A. He affirms that our “help comes from the Lord, who made heaven and earth.”

- B. **Men in trouble seek help in a variety of ways.**

1. Some seek to help themselves and others seek help from mere humans, but these sources most often fail us.
2. Those who want unfailing help will always look to the Lord for help.

- C. God’s word assures us that the God who created everything can and will help us. God’s word assures us that God is faithful in helping us. (Psa. 46:1, 10; Heb. 13:5, 6).

- II. **The Lord Does Not Slumber Or Sleep** - The inspired penman tells us that the Lord does not slumber or sleep.

- A. Men grow tired, and often fail us because of fatigue or sleep, but not so with God.

- B. **This reminds one of the incident at Mount Carmel.** There was a prevalent belief among heathen that their gods sometimes became tired and slept. During times of sleep they were not conscience of the wants and needs of their worshipers. The prophets of Baal were calling out to their god to send fire from heaven but were getting no response.

1. **Elijah** made fun of these prophets by crying out. (1 Kgs. 8:27).
2. The psalmist assures all that the God of Israel is not like men or like false, non-existing gods.

- C. **God is all-powerful.**

1. He does not grow tired. He never requires sleep. He is always alert. He is always watching over us 24 hours a day, 365 days a year for entire life span. He was watching over our grandparents. He watches over us, and He will watch over our grandchildren and their grandchildren. The protector of God’s people

does not even doze or get drowsy.

2. **Solomon** states this great truth. (Prov. 15:3).

- a. We most often overlook part of this verse. We often stress that God has His eyes on the evil and nothing escapes His all-seeing eyes. We overlook that God keeps His loving eyes on the good.
- b. Think about this marvelous truth. God is constantly watching over us day and night.
- c. Jesus gave us this assurance about God. (Matt. 10:29-31).

III. **The Lord Will Guard Us From Evil** - The inspired penman states that the Lord will guard us from evil.

A. He guards us **from temptation**. (Matt. 6:13; 1 Cor. 10:13).

B. He **guards us from our enemies** working real harm to us.

1. God does not promise that we will not be persecuted or that men will not harm us.
2. God teaches that we will be persecuted. (Matt. 5:10-12; 2 Tim. 3:12; Rev. 2:10).
3. Though we may be persecuted, our enemies cannot work real harm to us.
  - a. Our enemies **cannot stop God from loving us**.

**ROM 8:31 ¶ What then shall we say to these things? If God is for us, who is against us? 32 He who did not spare His own Son, but delivered Him up for us all, how will He not also with Him freely give us all things? 33 Who will bring a charge against God's elect? God is the one who justifies; 34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. 35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 Just as it is written, "For Thy sake we are being put to death all day long; We were considered as sheep to be slaughtered." 37 But in all these things we overwhelmingly conquer through Him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.**

- b. Our enemies **cannot annul the death of Christ** for our sins on the cross. Jesus died on the cross for all who believe in Him. Jesus gave this precious promise. (Jn. 3:14-16).
- c. Our enemies **cannot keep God from bestowing on us His material and spiritual blessings**. God bestows material blessings on all. (Matt. 5:43, 44). God especially blesses His children with both material and spiritual blessings. (Jas. 1:17; Eph. 1:3).
- d. Our enemies **cannot keep us out of heaven**.
  - 1) Jesus died that we might enter heaven. He opens the door to all who accept Him. Heaven has been prepared for us.
  - 2) Our enemies may mock us, torture us, or even kill us, but they cannot change the fact that heaven has been prepared for us.

IV. **Our Continual Guide** - The psalmist assures us that God is our continual guide. (Psa. 121:8).

- A. Whatever we do or undertake in life will be blessed by God if we love Him and seek to please Him.
- B. As God's children, we must not be afraid or distrustful.
- C. We need to be confident that God will bless us in our endeavors as long as we delight in Him and His will.

**Conclusion.**

I. In 1973 Leslie Brandt wrote this paraphrase of Psalms 121.

<p>Where should I look for help in my need? To majestic mountain peaks that probe our skies or to giants of industry that hem in our cities? To satellites that circle our world Or to computers that store up our knowledge?</p> <p>The answer to my problems and the fulfillment of my needs must come from God who created skies and mountains and people to dwell in their midst.</p> <p>God is a great God who knows our every desire, whose watchful eye is upon us night and day. We can make no move without God's knowledge. God's concern for all of us is constant; God's love is eternal.</p>	<p>And thus the Lord will keep you, Shielding you from the forces of evil as a shade tree shields you from the rays of the blazing sun.</p> <p>God does care for you, and God will fight for you against the enemies of your soul. Whether you be coming or going God knows the course you take, and God will go before you.</p>
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II. The psalmist tells us that the Lord is the One who keep "Israel."

- A. In context "Israel" refers to the descendants of Abraham through his son Isaac and through his grandson Jacob who was called "Israel."
- B. The New Testament teaches us that Christians are the true Israel of God. According to Romans 2:28, 29 true Israelites are those who have experienced the circumcision of the heart. Paul also made this statement. (Gal. 6:15, 16).
- C. These promises were made to physical Israel, and they are made to spiritual Israel.

III. We can take great comfort in the fact that the Lord is our source of help, He does not slumber or sleep, He will guard us from all evil. So with unwavering confidence we say, "I will lift up my eyes to the mountains; from whence shall my help come? My help comes from the Lord, who made heaven and earth." So with unwavering confidence, we can say "The Lord cherishes me. He will take care of me. I will keep my eyes on God because He never takes His eyes off of me."

IV. All those who trust in the Lord can live and die with this great hope, with this great confidence. We invite all who have not trusted in the Lord to do so now. Give your life to God through His Son. Turn from sin, confess Christ as God's Son, be baptized for the forgiveness of sins. The Lord will bless you now and forever for that great decision. Come as we stand and sing.

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