

*Psalm 121*  
*From whence cometh my help*

The first verse of this psalm likely should be read as a rhetorical question with a negative answer.

“Shall I look to the mountains for help? NO! My help cometh from the LORD.”

**Psalm 121 A psalm of degrees**

**1-2 (MSG) I look up to the mountains; does my strength come from mountains?**

**No, my strength comes from GOD, who made the heaven, and earth, and mountains.**

**3-4 He won't let you stumble, your Guardian God won't fall asleep.**

**Not in your life! Israel's Guardian will never doze or sleep.**

**5-6 GOD'S your Guardian, right at your side to protect you**

**Shielding you from sunstroke, sheltering you from moonstroke.**

**7-8 GOD guards you from every evil, he guards your very life .**

**He guards you when you leave and when you return,**

**He guards you now, he guards you always.**

**Key Themes:**

**A. Trusting in God's constant presence**

**B. God as a reliable source of help and protection**

**C. Assurance of divine care**

### A. Verses 1-2: The Source Of Help

**V. 1 “I WILL lift up mine eyes unto the hills, from whence cometh my help.”  
(Lifting eyes to the hills is not a source of help from God.)**

Jeremiah 3:23 “Truly in vain is salvation hoped for from the hills, and from the multitude of mountains: truly in the Lord our God is the salvation of Israel.

In those days, Jeremiah prophesies here of the Messianic age when Christ will reign over His people. The ark, which had earlier symbolized God’s presence, would no longer be needed, for the Messiah would be visibly present. Jerusalem would be called God’s throne and all nations would worship Him.

**V.2 My help cometh from the LORD, which made heaven and earth.  
(Assurance of help from the LORD)**

Family, friends, or wealth must never be viewed as our ultimate source of help in this life.

That belongs to God, the only source of meeting our needs physically and spiritually. We must trust in Him with all our hearts and seek Him for grace “to help in time of need”.

**Hebrew 4:16 (COME BOLDLY UNTO THE THRONE)**

**“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.**

Because He sympathizes with our weaknesses (v.15), we can confidently approach the heavenly throne, knowing that our prayers and petitions are welcomed and desired by our heavenly father (10:19-20).

It is called the “throne of grace” because from it flows God’s love, help, mercy, forgiveness, spiritual power, the outpouring of the Holy Spirit, His spiritual gifts, the fruit of the Holy Spirit, and all that we need under any circumstances.

One of the greatest blessings of salvation is that Christ is now our high priest, opening a way to His personal presence whereby we can always seek the help we need.

### B. Verses 3-4: The Protector Of Israel

**V. 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.  
(God never slumbers nor sleeps)**

Ruts, rocks, and roots threatened a traveler's journey in an era before paved roads and walkways. Injuries could occur simply by falling to the ground or by damaging the food or ankle, but what is most likely is the danger of slipping and falling down a steep slope. Symbolically it meant to fall into danger or chaos.

**V. 4 "Indeed, he who watches over Israel will neither slumber nor sleep.**

**(However, your Guardian God will never doze or asleep)**

The reason the traveler's foot will not slip is that the Lord is watching over his people. The Lord's care for his people extends to the most minute details, even where they (we) step.

He is ever vigilant in keeping watch (1 Kgs. 18:27)

### **C. Verses 5-6: The Lord is your keeper**

**V.5 "The Lord is thy keeper: the Lord is thy shade upon thy right hand.**

**(The Lord as shade and protector)**

This is a metaphor for protection: **Psalm 91:1 "He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty.**

God is our protector, refuge, shelter, in times of danger or fear of uncontrolled circumstances.

The psalmist trades his fear for faith, his presupposition for promised protection, trusting that his Guardian God won't fall asleep.

**V. 6 "The sun shall not smite thee by day nor, the moon by night"**

**(No harm by day or by night)**

**Psalm 91:5 "Thou shall not be afraid for the terror by night, nor for the arrow that flieth by day.**

Sun and moon, represent the heavenly bodies and thus all the elements of the heavens: heat, cold, rain, snow, lightning, and wind.

- Because the "shade" of (v.5) acts as a shelter (Ps. 91:1), the Lord is a refuge for his people.
- Scorching heat is a plague and a curse (Rev. 7:16; 16:9)

The faithful child of God is always under the Lord's protection, defense, and watchful care (1 Pt. 1:5).

Jesus emphasized this truth when He said, "The very hairs of your head are numbered, fear ye not therefore" (Mt. 10: 30-31).



**Vss.5-6 (KJV) The LORD is thy keeper: The LORD is thy shade upon thy right hand.**

**Side bar:** "The LORD is your keeper"

Psalm 91 - Overview: "The security of the godly"

This psalm expresses the (security) of those who trust fully in God. It assures us that God will be our refuge and that we may seek His protection in times of spiritual and physical danger.

Vss.(1-2) He that dwelleth in the secret place of the most high, shall abide under the shadow of the Almighty. 2.) I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

The psalm offers security for the children of God; (meaning) those who commit themselves to the will and protection of the Almighty and daily seek to dwell in God's presence.

The more fully we abide in Christ and His word, making him our life and dwelling place, the fuller will be our peace and the greater will be our deliverance in times of danger (Mt. 23:37; Jn. 15:1-11)

The four names in this psalm describe different aspects of His protection

1. "Most High" - shows him to be greater than any threat we face (Gen. 14:19)
2. "Almighty" - emphasizes his power to confront and destroy every enemy (Ex. 6:3)
3. "The LORD" - assures us that his presence is always with us.
4. "My God" - expresses the truth that God has chosen to associate intimately with those who trust in Him.

91:11) For he shall give his angels charge over thee, to keep thee in ALL thy ways.

God commissions angels to watch carefully over the lives and interests of the faithful.

1. They take special note of those who seek continually to dwell in the presence of God, and they guard the body, soul, and spirit of these believers.
2. The protection includes all our ways. There is no limit as long as we walk in the shadow of the Almighty.

Angels bear us up in our troubles (12) and give us support as we face our spiritual enemies (Eph. 6:10-12); 1 Pt. 5:8).

Vs. 14) Because he hath safety his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

Here the LORD himself addressed his faithful follower(s).

Because they truly love Him. He Himself promises to come to their aid in times of trouble.

The secret for receiving God's protective care, is a heart that is intimately attached to the Lord in gratitude and affection.

He knows who such believers are and He will be with them in trouble, hear their prayers, and give them lives full of His divine presence and provision.

## 121 Attachment:

V1-2.(MSG) I look up to the mountains; does my strength come from the mountains?

- What is the biblical theology of mountain Temples in the Bible?
- Almost from the beginning of the Bible, mountains are sites of transcendent spiritual experiences with God of appearances (Ezk.28:13-15) and mentions the Garden of Eden being on a mountain.

Abraham shows his willingness to sacrifice Isaac, and then encounters God on a mountain (Gen. 22:1-14).

God appears to Moses and speaks from a burning bush at Mt. Horeb "the mountain of God" (Ex. 3:1-2).

God encounters Elijah on the same sight (1Kg. 19:8-18)

Most impressive would be Moses at Mt. Sinai, where Moses ascended in a cloud to meet God.

Does our strength come from the mountain? NO!

We must trust God with all our heart and seek Him for grace in our time of need (Heb. 4:16)

Psalms 121 is most commonly understood as a liturgy of blessing one about to leave on a journey

Psalms 121 is called "The God who keeps and helps.

- It is the second of the series of psalms which are titled "A song of Ascents".
- Sung by travelers, trusting in God through the journey. Traveling to or from Jerusalem as part of a religious pilgrimage.

Psalms 121 Simplified: "ONLY GOD CAN KEEP ME SAFE"

This psalm teaches us to comfort ourselves in the Lord, when difficulties and danger are the greatest.

We must see all our help in God; from him we must expect it, in his own way and time.

Vss. 3-4 (MSG) "The protector of Israel (A reliable source of help". He won't let you stumble, your "guardian God won't fall asleep". Not in your lifetime!

Israel's guardian will never doze or sleep.

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"Such believers are... (vs.15) He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him, and honor him.

(Vs.16) With long life will I satisfy him, and show him my salvation.

Conclusion: Psalm 103:2 Bless the LORD, O my soul, And forget not all his **benefits**:

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#### **D. Verses 7-8: The Lord Preserves**

**V. 7 The LORD shall preserve thee from all evil: he shall preserve thy soul.**

**(God's preservation from all evil)**

Evil: typically the product of personal intent (Ps. 140:1 "Deliver me, O LORD, from the evil man: preserve me from the violent man")

(Ps. 41:12 "And as for me, thou upholdest me in my integrity, and settest me before thy face forever.

Thus the Lord will protect the pilgrim from the evil intent of the wicked:  
(lust of the flesh, lust of the eye, pride of life)

**V. 8 The LORD shall preserve thy going out and thy coming in from this time forth, and for evermore.**

**(Assurance of eternal protection)**

"Coming and going", the Hebrew phrase often occurs in military contexts (1 Sam. 29:6; 2 Sam. 3:25) and can refer to the duties of a leader (Deut. 32:2; 1 Kgs. 3:7), including leading the army.

This promises that God will protect his people not merely during life's mundane routine but also when evildoers actively seek to take the pilgrim's life (v.7).

This text may be applied both to our Christian lives from spiritual birth until we leave this earth and to our physical lives as we go out in the morning to work and come home to rest. God will preserve us; He is our constant GUARDIAN GOD!!!

Conclusion:

This Psalm expresses assurance and hope in God's protection day and night. He not only made the hills but heaven and earth as well. We Should never trust a lesser power than God himself. But not only is he all-powerful, he also watches over us. Nothing detracts or deters him. We are safe!

We never outgrow our need for God's untiring watch over our lives.

**E. APPLICATION:**

- ❖ Encouragement for facing challenges
- ❖ Cultivating trust in God's faithfulness
- ❖ Seeking refuge in God in times of need