

SUMMER IN THE PSALMS

The Lord Is.....

Psalms 121

The Lord is Your Helper

Psalm 121 (KJV) ¹ I will lift up mine eyes unto the hills, from whence cometh my help. ² My help cometh from the LORD, which made heaven and earth.

- As the singers of the psalms traveled toward the Temple in Jerusalem, they would lift up their eyes to see the hills in the distance
- As they traveled up the hills, they wondered where their help would come from
- The singing pilgrims understood that God's protective care is along their journey *and* their destination
- It was in these uncertain and threatening times they needed God's help
- The pilgrims realized their help came from God who made heaven and earth
- The Lord is the maker of heaven and earth, and it tells us three things about the Lord, the Lord:
 1. Is the one true and living God, not idols or false gods
 2. Is supreme over all things, including our lives and our future
 3. Is all-powerful; He who *made* all things is greater than all things
- As you and I journey through life, it's easy to focus on the trials, the challenges, and the uncertainties
- We must lift up our eyes to the Lord and remember He is always available to help us at all times ***Hebrews 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.***
- We don't have to *fear nor faint* when we face trials, adversity, and challenges on our life's journey because *the One* who made heaven and earth is our helper!

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Psalms 121

The Lord is Your Guardian

³ He will not suffer thy foot to be moved: he that keepeth thee will not slumber.⁴ Behold, he that keepeth Israel shall neither slumber nor sleep.

- In addition to being our helper, the Lord is our guardian
- As the pilgrims journeyed up to Jerusalem, the Lord watched over them
- To avoid injury the travelers had to do their best to stay alert for potential dangers or distractions
- Despite to potential dangers, the travelers were confident that the Lord was keeping watch over them
- God carefully watches over them so closely, He won't let them slip or fall
- We can only stand in difficult and uncertain circumstances if continue to look to and trust in *the One* who will not allow our foot to be moved
- The pilgrims could rejoice because the Lord that *keeps* them never slumbers, He doesn't get drowsy
- When we look to the Lord, we have confidence in the fact the Lord does not sleep
- We can take comfort that He who watches Israel neither slumbers nor sleeps!
- The Lord not only watches His people as a whole, but also individually as you go throughout your daily activities
- The Lord even assigns angels to watch over us to protect wherever we go ***Psalms 91:11-12 (CEV) God will command his angels to protect you wherever you go. 12 They will carry you in their arms, and you won't hurt your feet on the stones.***
- When we walk close to the Lord, He will keep us, watch over us, guard us from the enemy and strengthen us
- When you feel alone or abandoned, remember God is always with you and watching over every step you take

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The Lord Is.....

Psalms 121

The Lord is Your Protector

⁵ The LORD is thy keeper: the LORD is thy shade upon thy right hand.⁶ The sun shall not smite thee by day, nor the moon by night.

- One of the greatest dangers in traveling to Jerusalem was the prolonged exposure to the scorching sun
- But the Lord is their keeper and promised to take care of the travelers
- The Lord promised to be their shade from the hot sun
- Shade both protects and refreshes a person
- Shade is also the same word as *shadow* in ***Psalm 91:1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.***
- We are to live under the protection and shadow of the Lord
- The Lord was always at the travelers right hand, meaning God is always available and always near
- The threat of heatstroke diminished when the sun set, but the night had its own dangers
- But the Lord *shaded* His people by day and *shielded* them by night
- The mention of day and night *together* covers all the threats we may face in life
- The scorching sun is of the Middle East is a picture of the trials of life ***1 Peter 4:12 CEV Dear friends, don't be surprised or shocked that you are going through testing that is like walking through fire.***
- We are not exempt from the heat, pain, the struggle of trials
- Like a huge shade tree, the Lord protects us as we journey through the heat of trials, troubles, and temptations of life
- Day and night the Lord is protecting us 24/7 from whatever situation, problem or threat that may arise
- Because of the Lord's protection we can walk fearlessly by day and peacefully by night

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The Lord is Your Keeper

⁷ The LORD shall preserve thee from all evil: he shall preserve thy soul. ⁸ The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

- As the pilgrims made their journey through the treacherous terrains, the scorching heat, and dangerous nights they did not fear because the Lord was keeping them
- The Lord was preserving their lives from evil
- Lord would keep them from harm and preserve their *soul*
- Soul speak more than just the physical body, it's the inner thoughts and emotions too, it's the whole person
- The Lord preserved their going out and coming in
- Just like the phrase days and night, the Lord preserves everything in between
- When trouble arises the Lord will preserve our souls
- When we look at Job, Joseph, Daniel, and Paul; these godly men all went through trials that impacted physically, mentally, financially, and emotionally, but it did not destroy them because the Lord was *preserving* them
- Despite the challenges along the way, we are kept by the power of God **1 Peter 1:5 Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.**
- The Lord care for us is comprehensive and eternal
- Embrace the assurance that the Lord is *your helper, your guardian, your protector and your keeper!*