

121.1 HOW TO MAKE IT TO THE CELESTIAL CITY (pt.1): Psalm 121

INTRODUCTION/CON(TEXT). Brothers and sisters in Christ, friends and visitors, Psalm 121 is a Song of Agents, which means the Old Covenant Church would specifically sing this song multiple times per year as they were travelling from all around Palestine to go up to Jerusalem, where God's presence dwelt in the Temple.

I) So A Song of Ascent can easily be understood today as a song you and I could sing on our way to church, when we gather with the saints on the Lord's Day to offer Him holy worship! But there is another way you and I can understand and easily sing these Songs of Ascent.

II) A Song of Ascent can be sung by those Christians who have been saved by Jesus, and a marching to God's presence in Heaven and thereafter the New Earth.

Remember the song Come Ye That Love the Lord by Isaac Watts? Well, this is why Robert Lowry (most likely) added a refrain, or chorus, to that hymn. You may remember it if you grew up in a Baptist Church:

*"We're marching to Zion;
Beautiful, beautiful, Zion.
We're marching upward to Zion,
The beautiful city of God."
— Come Ye That Love the Lord, Isaac Watts, Robert Lowry*

So this Psalm is one that can easily be understood and sung as Christians march through this life toward—what Bunyan calls in *The Pilgrims Progress*—the Celestial City. My desire, such as is surely yours, is the same desire Christian had in *The Pilgrims Progress*.

"This [Celestial] City is the end of my pilgrimage; and though the way be rough, and the enemies many, yet my heart is fixed, and I shall see the King in His beauty." — John Bunyan

But how can we get there? Well, what Psalm 121 teaches us is that we need encouragement. Christians need encouragement along the way.

OUTLINE.

- **1. David encourages Himself** (vv. 1-2). Learn: *You need to encourage yourself.*
- **2. David encourages others** (vv. 3-8). Learn: *You need to encourage other Christians.*

DOCTRINE. Christians need encouragement if they are going to make it to the Celestial City.

BOYS AND GIRLS [repeat doctrine]

I. YOU NEED TO ENCOURAGE YOURSELF (Psalm 121:1-2).

I) You need to continually look to Jesus in faith (Psalm 121:1).

Psalm 121:1

"I lift up my eyes to the hills.

From where does my help come?"

USE FOR EXHORTATION / DIRECTION (4)

Let me give you four exhortations, which are necessities to getting to the Celestial City:

(i) You need to constantly look to Christ's Person (who He is and what He has done).

Hebrews 12:1-2 "[Look] to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

BOYS AND GIRLS, MEN AND WOMEN, PAY CLOSE ATTENTION:

Christ, who is the eternal God, took on flesh and dwelt among us to rescue us out of our misery!

Christ fulfilled all righteousness by His obedience!

Christ satisfied all wrath due to us for sin by His death on the cross!

Christ broke the power of death by His resurrection!

Christ gave us the right to become children of God!

Christ intercedes right now for us believers as the right hand of God!

Christ is ruling and reigning, receiving the nations as His inheritance!

Christ will protect and provide for us all our days!

Christ will return to damn the wicked and renew the righteous!

BOYS AND GIRLS, do you remember when the Lord's people grumbled and whined and complained in Numbers 21? What did the Lord do? He sent fiery

snakes among them. A lot of them were bitten and many of them died. Those who did not die became sick from the venom. Do you know how the Lord healed them? He had Moses make a fiery serpent and stick it on the end of a pole and then lift it up. And everyone who looked at the serpent lifted up on the pole was saved from the fiery snakes. JESUS IS LIKE THAT. Everyone who looks to Him in faith is healed from all their sins and given eternal life!

John 3:14-15 "14 And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, 15 that whoever believes in him may have eternal life."

"I lift up my eyes to the hills.

From where does my help come?" *FROM CHRIST'S PERSON!*

(ii) You need to constantly look to Christ's Prescriptions (His Law—the Moral Law).

Psalms 119:105 "Your word is a lamp to my feet and a light to my path."

Psalms 119:97 "Oh how I love your law! It is my meditation all the day."

Matthew 5:19 "Whoever relaxes one of the least of these commandments (i.e. *the moral Law of God*) and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven."

QUESTION. What is the Law of God?

A. The Law of God is the moral command of God that He makes to human beings who are made in His image. **I)** He writes His Law on our hearts, and then **II)** He explicitly wrote His Law with His own finger on the tablets of stone given to Moses. This Law is called both *The Ten Commandments* and *The Decalogue*, which are all of God's moral commands summarily comprehended (summarized).

You need to constantly look to Christ's Prescriptions, for at least two reasons:

1. THE LAW OF GOD REVEALS GOD'S PERFECTIONS AND PERFECT ACTIONS!

- **R.C. SPOUL wrote**, "The law of God proceeds from God's being and reflects His character."
- **We are made in the image of God, after His likeness. That means at the very least that we exist to image forth God, to reflect His glory.**

Therefore God's moral Law, summarized in the Ten Commandments, reveals how we reflect the glory of God, and they are, therefore, reflective of His perfect attributes and perfect actions.

- **THOMAS BOSTON:** "[In the Law of God] there is a conformity to those *attributes and actions* of God, which are the pattern of our imitation."

Consider with me *The Ten Commandments* and how they reveal God's perfections and perfect actions:

I) You shall have no other gods (other than) me.

- **The First Commandment reveals the perfect PREEMINENCE of God!**
He is the glorious Creator and Sustainer of everything and everyone, and, being the only God, He therefore is owed all worship and honor!
 - **Psalms 96:3-5** "3 Declare [the LORD's] glory among the nations, his marvelous works among all the peoples! 4 For great is the LORD, and greatly to be praised; he is to be feared above all gods. 5 For all the gods of the peoples are worthless idols, but the LORD made the heavens."

II) You shall not make for yourself a carved image.

- **The Second Commandment reveals the perfect ESSENCE of God!**
BOYS AND GIRLS: God is a Spirit, not having a body like we do. God is also omnipresent, not being restricted to time and space—He is everywhere at once. Therefore He cannot be worshipped by images or anything that is made by hands; He must be worshipped in Spirit and in truth and only as He has prescribed in His word.
 - **Psalms 97:6-7** "6 The heavens proclaim [the LORD's] righteousness, and all the peoples see his glory. 7 All worshipers of images are put to shame, who make their boast in worthless idols."
 - **John 4:24** "God is spirit, and those who worship him must worship in spirit and truth."

III) You shall not take the name of the Lord your God in vain.

- **The Third Commandments reveals the perfect HOLINESS of God!**
John MacArthur rightly points out that, "God's holiness is His inherent and absolute greatness, in which He is perfectly distinct above everything outside Himself and is absolutely morally separate from sin."
God is so holy that to use His name, or to even speak of Him, in a flippant or untrue or in an unworthy manner is to sin against Him!
 - **Ezekiel 36:22** "Thus says the Lord God: It is not for your sake, O house of Israel, that I am about to act, but for the sake of my holy name, which you have profaned among the nations to which you came."
 - **Even Christ Himself teaches us to pray in Matthew 6:9, "Our Father in heaven, hallowed by your name."**

IV) Remember the Sabbath day, to keep it holy.

- **(I) The Fourth Commandment reveals God's perfect actions in**

CREATING! God created the heavens, the earth, and all that are in them in six days, declaring "very good" over all that He made. Then on the seventh day He rested from His labor. So we labor for six days, and set aside one out of seven to rest and worship Him.

- **Leviticus 23:3** "Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation (i.e. *formal assembly or gathering*)."
- **(II) The Fourth Commandment also reveals God's perfect actions in REDEEMING!**
 - **Exodus 5:15** "You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day." Just as God's people under the Old Covenant were to set aside a day to rest, worship, and remember their redemption, so too are we who are in Christ!
 - **Hebrews 10:24-25** "**24** Let us consider how to stir up one another to love and good works, **25** not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."
 - **After His work of creation God said "it is very good" and He rested;** after His work of redemption Christ said "it is finished" and we rest!

V) Honor your father and your mother.

- **The Fifth Commandment reveals God's perfect actions in ORDERING!**

VI) You shall not murder.

- **The Sixth Commandment reveals God's perfect actions in CREATING MAN IN HIS OWN IMAGE!**

VII) You shall not commit adultery.

- **The Seventh Commandment reveals God's perfect actions in FAITHFULNESS!**

VIII) You shall not steal.

- **The Eight Commandment reveals God's perfect actions in GENEROSITY!**
- **CHILDREN: Do you know why it is wrong to steal? Because you exist to glorify God by imitating Him, and God is not a thief, but a generous giver.**

IX) You shall not bear false witness against your neighbor.

- **The Ninth Commandment reveals God's perfect actions in TRUTHFULNESS!**

X) You shall not covet.

- **The Tenth Commandment reveals God's perfect actions in PROVIDENCE!**

2. The Law of God reveals our design and duty.

1. The Law of God reveals the design and duty of civil government—there will not be justice unless our laws are in line with God's Laws!

- **Q. By what standard can anyone make a law in society?**
A. It is either based on God's Law or man's law; It is either Christ or Chaos.

2. The Law of God reveals the design and duty of we who are in Christ!

If you have faith in Jesus, you have been delivered from the damnation of the Law but not from the duty of the Law!

(I) The Law of God is a guide to how you best glorify and enjoy God!

- **Psalm 119:105** "Your word is a lamp to my feet and a light to my path."
Q. Is His Word your lamp?

(II) The Law of God reveals how to love your neighbor!

- **Romans 13:8-10** "8 Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. 9 For the commandments, "You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbor as yourself." 10 Love does no wrong to a neighbor; therefore love is the fulfilling of the law."
Q. How do we best love our neighbor?

(III) The Law of God is the delight of those who are justified!

- **Psalm 119:97** "Oh how I love your law! It is my meditation all the day."
 - **Romans 7:22** "I delight in the law of God, in my inner being..."
- **Sinners hate the Law of God, but saints love it!**
 - **The Christian sings with David,** "Oh how I love your law! It is my meditation all the day" (Psalm 119:97).

Anyone who professes Christ but hates His commands does not possess Christ!

Q. Do you delight to obey? No? You are unconverted. Yes, but you fail miserably? God accepts even your imperfect works for Christ' sake!

(IV) The Law of God is not burdensome if you have been saved from its curse and condemnation!

- **1 John 5:3** "For this is the love of God, that we keep his commandments. And his commandments are not burdensome."

(V) Keeping the Law of God is one of the ways we show our love for Christ!

- **John 14:15** "If you love me, you will keep my commandments."

"I lift up my eyes to the hills.

From where does my help come?" *FROM CHRIST'S PRESCRIPTIONS (LAW)!*

(iii) You need to constantly look to Christ's Promises.

2 Corinthians 1:20 "For all the promises of God find their Yes in him."

(i) You are promised God's Presence and Guidance.

Hebrews 13:5

"Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'"

Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

(ii) You are promised Salvation and Eternal Life.

John 3:16

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

(iii) You are promised Forgiveness of Sins.

1 John 1:9

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Isaiah 1:18

"Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."

(iv) You are promised Peace and Comfort.

John 16:33

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

(v) You are promised Provision and Care.

Matthew 6:33

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

Psalms 23:1

"The Lord is my shepherd; I shall not want."

(vi) You are promised Strength and Endurance.

Isaiah 40:31

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

(vii) You are promised God's Faithfulness and Covenant.

2 Timothy 2:13

"If we are faithless, he remains faithful—for he cannot deny himself."

(viii) You are promised Victory Over Sin and Death

Romans 8:1

"There is therefore now no condemnation for those who are in Christ Jesus."

(ix) You are promised The Return of Christ and Eternal Reward.

John 14:2-3

"In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

"I lift up my eyes to the hills.

From where does my help come?" *FROM CHRIST'S PROMISES!*

(iv) You need to constantly look to Christ's His Providence.

Ephesians 1:11 "[He] works all things according to the counsel of his will. . ."

Romans 8:28 "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

"I lift up my eyes to the hills.

From where does my help come?" *FROM CHRIST'S PROVIDENCE!*

II) You need to remember the Lord is your helper, and nothing is impossible for Him (Psalm 121:2).

Psalm 121:2

My help comes from the Lord,
who made heaven and earth."

- **TRAPP:** "[The Lord] will rather unmake [heaven and earth] again, than his people shall want seasonable help."

CONCLUSION.

[Recap main points]

PSALTER

1650 Psalter

- 1 I to the hills will lift mine eyes,
from whence doth come mine aid.
- 2 My safety cometh from the Lord,
who heav'n and earth hath made.
- 3 Thy foot he'll not let slide, nor will
he slumber that thee keeps.
- 4 Behold, he that keeps Israel
he slumbers not, nor sleeps.
- 5 The Lord thee keeps, the Lord thy shade
on thy right hand doth stay:
- 6 The moon by night thee shall not smite,
nor yet the sun by day.
- 7 The Lord shall keep thy soul; he shall
preserve thee from all ill.
- 8 Henceforth thy going out and in
God keep for ever will.

ENTIRE PSALM

A Song of Ascents.

Psalm 121

- 1 I lift up my eyes to the hills.
From where does my help come?

- 2 My help comes from the Lord,
 who made heaven and earth.
- 3 He will not let your foot be moved;
 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.
- 6 The sun shall not strike you by day,
 nor the moon by night.
- 7 The Lord will keep you from all evil;
 he will keep your life.
- 8 The Lord will keep
 your going out and your coming in
 from this time forth and forevermore.
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STUDY AND DISCUSSION QUESTIONS

General Reflection Questions

1. **Context of Psalm 121:** The sermon describes Psalm 121 as a "Song of Ascent" sung by Old Covenant believers traveling to Jerusalem. How does this historical context enhance your understanding of the Psalm as a song for Christians today on their journey to the Celestial City?
2. **Doctrine of Encouragement:** The sermon's central doctrine is that "Christians need encouragement if they are going to make it to the Celestial City." Why is encouragement essential for the Christian life, and how does Psalm 121 provide it?
3. **Pilgrim Imagery:** The sermon references *The Pilgrim's Progress* and the journey to the Celestial City. How does this imagery help you relate to the Christian life as a pilgrimage? What challenges in your own "pilgrimage" require encouragement?

You Need to Encourage Yourself (Psalm 121:1-2)

4. **Looking to Christ's Person:**
 - The sermon emphasizes looking to Jesus as the "founder and perfecter of our faith" (Hebrews 12:1-2). How does reflecting on Christ's person (His deity, obedience, death, resurrection, and intercession) encourage you in your daily walk?

- The analogy of the bronze serpent in Numbers 21 is used to illustrate looking to Christ in faith (John 3:14-15). How does this imagery deepen your understanding of faith as an active, ongoing trust in Christ?

5. Looking to Christ's Prescriptions (The Moral Law):

- The sermon connects the Ten Commandments to God's perfections and perfect actions. Choose one of the Ten Commandments listed (e.g., "You shall have no other gods" or "You shall not steal") and explain how it reflects God's character and encourages believers to live godly lives.
- Why is the Law of God described as a "lamp to my feet" (Psalm 119:105) and a "delight" for the justified (Psalm 119:97)? How can believers cultivate a love for God's Law rather than viewing it as burdensome?
- From a Reformed perspective, how does the Law function as a guide for believers who are no longer under its condemnation (Romans 8:1)? How do you balance the freedom of grace with the duty to obey God's commands?

6. Looking to Christ's Promises:

- The sermon lists several promises of God (e.g., His presence, forgiveness, provision, and eternal life). Which of these promises resonates most with you, and how can it encourage you during trials or doubts?
- How does the Reformed doctrine of God's covenant faithfulness (2 Timothy 2:13) assure believers of the certainty of these promises?

7. Looking to Christ's Providence:

- The sermon cites Romans 8:28 and Ephesians 1:11 to highlight God's providence. Share a personal example of how God has worked "all things together for good" in your life. How does trusting in God's providence help you persevere toward the Celestial City?
- How does the assurance that "nothing is impossible for [the Lord]" (Psalm 121:2) strengthen your faith in challenging circumstances?

Theological and Practical Application

10. Reformed Perspective on Perseverance:

- In Reformed theology, the perseverance of the saints assures believers that God will preserve them to the end. How does Psalm 121 support this doctrine, particularly through its emphasis on God as the helper who "made heaven and earth"?

- How does the assurance of God's preservation (Psalm 121:2) motivate you to actively encourage yourself and others in the faith?

11. Balancing Self-Encouragement and Community:

- The sermon divides Psalm 121 into David encouraging himself (vv. 1-2) and others (vv. 3-8). How can you maintain a balance between personal spiritual disciplines (e.g., prayer, Scripture meditation) and communal encouragement (e.g., fellowship, accountability)?

12. Overcoming Obstacles:

- The sermon references *The Pilgrim's Progress* and Christian's desire to reach the Celestial City despite a "rough way" and "many enemies." What are some common obstacles (e.g., sin, doubt, worldly distractions) that hinder your journey, and how can the four exhortations (Christ's Person, Prescriptions, Promises, Providence) help you overcome them?

13. Children and the Gospel:

- The sermon includes a direct address to children, using the bronze serpent analogy to explain faith in Christ. How can you communicate the gospel to children in your life in a way that emphasizes looking to Jesus for salvation and encouragement?

Group Discussion Prompts

14. Sharing Encouragement:

- Share a time when another Christian encouraged you in your faith journey. How did their encouragement reflect one of the four exhortations (Christ's Person, Prescriptions, Promises, Providence)?
- As a group, brainstorm specific ways your church or small group can foster a culture of encouragement to help one another persevere toward the Celestial City.

15. Applying the Law:

- Discuss how the Ten Commandments, as reflections of God's character, can guide your interactions with others (e.g., in your family, workplace, or community). How can you encourage others to delight in God's Law as a means of glorifying Him?

16. Trusting God's Promises:

- As a group, select one or two of the promises listed in the sermon (e.g., John 3:16, Philippians 4:6-7) and discuss how they have been a source of encouragement in your lives. How can you remind one another of these promises during difficult seasons?

Personal Application

17. **Self-Examination:**

- Reflect on Psalm 119:97 ("Oh how I love your law!") and Romans 7:22 ("I delight in the law of God"). Do you find delight in God's Law, or do you struggle to see it as a guide rather than a burden? How can you grow in loving and obeying God's commands?
- The sermon states, "Anyone who professes Christ but hates His commands does not possess Christ." Prayerfully examine your heart: Are there areas where you resist God's Law? How can you seek His grace to align your desires with His will?

18. **Encouraging Yourself:**

- Choose one of the four exhortations (Christ's Person, Prescriptions, Promises, Providence) to focus on this week. Create a practical plan to encourage yourself in this area (e.g., memorizing a relevant Scripture, meditating on a promise, or reflecting on God's providence in your life).

19. **Encouraging Others:**

- Identify one person in your life who needs encouragement in their Christian walk. How can you specifically encourage them this week, drawing on the truths of Psalm 121?

SERMON TRANSCRIPT

Brothers and sisters in Christ, friends and visitors, Psalm 121 is a song of a sense. Look at that in your own Bible and see it again. The last few Psalms that we've done together have been a song of a sense. You see that my help comes from the Lord. That's not scripture. That's just the editors helping you see what the psalm is about. But then a song of a sense uh that's a particular type of song. And what that means is the old covenant church would specifically sing this song and the other song of a sense. You can look at 120, 122, 123. All these right here. They're all collected in the same area. They're all song of a sense. The old covenant church would specifically sing these songs multiple times a year when they were traveling from the various places they lived in Palestine. They were traveling up to Jerusalem up to Zion up to the temple of the Lord where God manifested his presence. So they're traveling up to Jerusalem. They're ascending. And so these songs were written. And so a song of ascent can easily be understood today as a song you and I could sing on our way to church. We're going to gather with God's people to worship. And sometimes we can sing the songs like that and we can understand the Psalms in that kind of way. And it's easy to do that. Psalm 133 is very easy to do that because it's about Christian unity. So, I'm excited to go and worship with God's people and be together with God's people because how good and pleasant it is when brothers love one another and dwell in unity. So, that's one

way you can look at a song of ascent to sing on your way to church. But there's another way you and I can understand and easily sing these songs of ascent. The second way is to sing it as a Christian who has been saved by Jesus and is traveling through this life on the way to heaven. So to God's presence, you could sing a song of ascent like I'm going to church where I'm with God's people. But another way you could sing the songs of ascent is I'm marching toward Zion, the heavenly Zion, the heavenly city, what John Bunyan called the celestial city in his famous work, *The Pilgrim's Progress*. So you could sing it as you're marching to God's presence in heaven and thereafter the new earth. And this is how Christians throughout history have understood these kind of songs. like you can sing it as if you're going to church or sing it as if you're marching to heaven. And that's why even Robert Lowry who added to Isaac Watts's hymn about a hundred or so years after Watts wrote it, but he added this chorus to come ye that love the Lord. Boys and girls, do you remember come ye that love the Lord? We sing that sometimes as an opening song for our worship gatherings. Come ye that love the Lord and let your joys be known. You know that. Well, if you grew up singing it in Baptist churches, you probably like I did, you sang the modernized version. And it's when Robert Lowry took Isaac Watts's hymn and said, "It needs a chorus. It needs a refrain." He Robert Lowry was like the 19th century version of Chris Tomlin. He would take a great hymn that's just perfect and say, "You know what? It's missing." It's like, "You're going to say something from Isaac Watts is missing." Like, as far as him writing, well, Lowry thought it was. So, he added this chorus or refrain to come ye that love the Lord. And you probably remember it if you grew up in Baptist churches. We're marching to Zion. Beautiful, beautiful Zion. We're marching upward to Zion, that beautiful city of God. Raise your hand if you know that one. Yeah, you all grew up singing the modernized version as I did. But that is how Christians even in the 19th century have understood these kind of songs of a sense. They're we're marching to Zion. We're traveling upward to Zion. What did Robert Lowry mean? Like we're going to Jerusalem. We hope for a third temple to be rebuilt. That's not what he meant. He's talking about heaven. We're marching towards heaven, that heavenly city. And so you can sing songs of ascent with that in mind. This psalm is one that can easily be understood and sung as Christians march through this life toward what Bunyan calls in the pilgrim's progress the celestial city. And my desire such as is surely your desire Christians is the same desire that the man called Christian had in the pilgrim's progress. He says this Bunyan writes and you know his main character his name is Christian. Don't be confused about that. A proper noun Christian says, "The celestial city is the end of my pilgrimage. And though the way be rough and the enemies be many, yet my heart is fixed. And I shall see the king in his beauty." I hope and I believe that's every one of our resolves who belong to Christ Jesus. The celestial city is the end of my pilgrimage. And though the way be rough and the enemies be many, yet my heart is fixed and I shall see the king in his beauty. But the question is, how can we get there? How can you and I get to the celestial city? Well, Psalm 21 can help us incredibly. And the simple truth that we learn as we study this psalm is that you

and I, if we're going to get to the celestial city, we need encouragement. That one word, encouragement and everything that comes with it. That's what this psalm is about. It's about encouraging yourself and others as you travel toward Zion, as you march to Zion, that beautiful city of God, to heaven, to the new earth. Christians need encouragement along the way. Look, look at the psalm. And I want you to notice verses 1 and two. David, who many believe is the author of this psalm, David first encourages himself and then in verses 3 through 8 he turns and encourages others as everyone's marching to Zion. So the song is written first of all if we're marching toward the heavenly city that I would encourage myself and that in encouraging myself then I would turn out and encourage other people as they marched to Zion. Look, 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. This is David encouraging himself with the truths of who God is for him in his covenant. First of all, encouraging himself. And then look in verse three, how it changes from encouraging me to encouraging you. He will not let your foot be moved. He who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep. The Lord is your keeper. The Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil. He will keep your life. The Lord will keep your going out and your coming in from this time forth and forever more. So what do we learn in this psalm? You need to encourage yourself as you travel toward the heavenly city. And in encouraging yourself, then you need to turn to other believers and encourage them. That's exactly what this psalm teaches us to do. First, I lift up my eyes to the hills. From where does my help come from? My help comes from the Lord. So God in his sovereignty and God breathing out Psalm 121 even through a human author is showing us, giving us this psalm, this song to sing to encourage ourselves and then to turn around and encourage all those who can hear our voices. This is why Paul says in Ephesians that we're addressing one another with psalms and hymns and spiritual songs. So as you sing together with believers, you're not only singing to an audience of one. No, you're not singing to an audience of one. You're not praising to an audience of one. You are singing for the glory of God to praise his name. And at the same time, those truths you are singing are to build up and edify and encourage other believers. So when we get to sing this psalm after the sermon, I hope you'll sing it with that in mind that I'm singing to praise the Lord and encourage myself. But also, can you just imagine marching up the hill towards Jerusalem, those first singers of this psalm, and they get to verse three and they all start looking at each other. He will not let your foot be moved. He will keep you. He does not slumber. He will defend you. And everyone's just looking around and encouraging one another. Isn't that way better than just trying to encourage yourself and trying to lift yourself up? I think even looking at the first two verses and now we have two verses encouraging myself and then verses 3 through 8 are all about encouraging others. I think it's because it's much easier to get encouragement from other people than it is to try to encourage yourself. So, you need to encourage yourself, but you need to also encourage others. Christians

need encouragement if they're going to make it to the celestial city. Boys and girls, look up here at me. If I am going to make it to heaven, I'm going to need you to encourage me. I'm going to need you to remind me of the promises of God. I'm going to need you to remind me of the person of Jesus Christ. I am going to need you to encourage me to say the Lord will not abandon you. I need you to tell me that other Christians need you to tell them that. If we are not given encouragement, we are not going to make it. We must encourage one another. And we also have to encourage ourselves, remind ourselves of who Christ is for us. We need encouragement. And so today, we're just going to look at verses 1 and two in this psalm. And then, Lord willing, next week we'll look at verses 3 through 8. And there's just two of those main truths to learn. First, in verses 1 and two, you need to encourage yourself. Second, in verses 3 through 8, you need to encourage other Christians. Today we're just going to get to the first part and really labor to apply this. How do we do this in our everyday life? How do I encourage myself? How do I in private worship, in my thought life, in my prayer life? How do I do what Psalm 121:es 1 and two says? You need to encourage yourself. First of all, getting more specific than just encourage yourself. What you need to learn from verse one and then the first part of verse two which verse one is this rhetorical question the beginning of verse two answers it my help comes from the Lord says I lift up my eyes to the hills from where does my help come my help comes from the Lord this is David encouraging himself and what we learn from it is if you're going to encourage yourself as you walk through the valley of the shadow of death on the way to the celestial city. You need to continually look to Jesus in faith. You need to continually look to Jesus in faith. Jesus is not simply the priest that gets you into the covenant. He's the king who protects you and provides for you while you're in the covenant. He's the prophet who guides you and directs you as you're in the covenant with God. You need to continually look to Jesus in faith. I lift up my eyes to the hills. There's the first answer. You got to get your eyes up to the presence of God, up to the Lord Jesus Christ. From where does my help come? How am I going to make it to the celestial city? look to Jesus continually in faith. And so, let me give you four exhortations, which are necessities when it comes to getting to the celestial city. Four exhortations concerning verses 1 and two. My help comes from the Lord. I got to get my eyes up to the Lord Jesus Christ. You need to constantly first constantly look to Christ's person. Christ's person, meaning who he is and what he's done. Constantly look to Christ's person, who he is and what he's done. This is what you learn in Hebrews 12:1 and 2. Look to Jesus, the founder and finisher of our faith, who for the joy that was set before him, endured the cross, despising the shame, and is seated at the right hand of the throne of God. That's looking to who Christ is. Look to Christ's person. I lift my eyes to the hills. From where does my help come? My help comes from the Lord. How do you use that truth for your everyday life to walk faithfully all the way to heaven? Look to Christ's person in faith. Trust in who he is and what he has done for you if you belong to him. Boys and girls, look up here at me. Pay very careful attention to what I'm about to say. Men and women, you as well, pay very

careful attention. You need to constantly look to Christ's person. Christ who is the eternal God took on flesh and dwelt among us in order to rescue us from the misery we caused because of our sin. Christ fulfilled all righteousness with his obedience. Christ satisfied all wrath due to us for our sin by his death on the cross. Christ broke the power of death by his resurrection from the dead to eternal life. Christ gave us the right to become children of God. Christ intercedes right now for us believers at the right hand of God. Christ is ruling and reigning and receiving the nations as his inheritance, the ends of the earth as his possession as he saves more and more people. Christ will protect and provide for us all our days. Christ will return to damn the wicked and renew the righteous. That's his person. That's his work. You need to constantly look to him in faith. Where does my help come from? My help comes from the Lord. So, first of all, if you're going to obey that, if you're going to encourage yourself, you can't just look at like the actions of Christ, only the teachings of Christ, only the promises of Christ, only how he works all things providentially. You first and foremost, you've got to look at his person. Who he is, what he has done, who he is in your place. Constantly remind yourself of Christ's person. Boys and girls, look up here at me. Have you read Numbers chapter 21? Have you gone through the book of Numbers in family worship, maybe? Or in your own private reading? If you have, you're going to remember whether or not you have right now when I remind you of this story. If you haven't, you are probably going to be aware. It's like, "No, I have never read that." If you've read this, I bet you'll remember. In Numbers 21, God's people grumbled, complained, and whined at him. You know what he did because of their whining? He sent snakes into their camp, fiery snakes to bite the people who were whining. So parents, you need a little bit of ammunition to say like, "Hey, we don't whine." What did the Lord do in Numbers 21? The people whined, grumbled, complained against the Lord, and look what the Lord did to him. You don't have to threaten him with snakes, but you can say, "Look how serious of a sin grumbling and complaining is. The Lord sent snakes to bite them. And some people, kids that were grumbling and complaining, they get bit by the snakes. Some of them died. Many of them died. But a lot more just got sick from the venom in these snakes. They cry out to the Lord, or rather Moses cries out to the Lord on their behalf. And the Lord tells Moses to make a serpent, probably out of bronze or something like that, and put it on the end of a pole and lift the pole up in the air. And everyone who had been bit by a serpent and is sick or dying, if they would just look to that snake on top of the pole that Moses lifted up, if they would just look, they would be healed. It's as simple as that. All they had to do was look. Everybody can look. You can look. I can look. People who currently hate Jesus and don't want him at all, God can change their mind like that and then they can look. Everybody in Israel could simply look at the snake, lift it up on the pole like the Lord had told them, and the Lord healed them immediately. That's what Jesus is like. The Lord Jesus is like that snake that was lifted up on a pole. Christ is lifted up. He lived fulfilling all righteousness so that we would be counted righteous before God. He died in place of sinners like you and me, paying our sin debt to God. He arose from the dead as

the savior and conqueror of death. And if he's lifted up and preached, the gospel is preached, everyone who looks on the sun and believes, just looks, everyone will be saved. You know, that's the sermon that God used to save Charles Spurgeon. He tried to go to a healthier church, but there was a snowstorm and all he could find was what he called a primitive Methodist church during a snowstorm. And the preacher couldn't even show up that day. one of the deacons, he wasn't a very good speaker or preacher, got up there and said, "I'll do it. I've got to preach today." So, he gets a text in Isaiah and it just says, "Look unto me all the ends of the earth and ye shall be saved." He said, "And all the guy did was say, you don't you don't become a Christian by doing. You become a Christian by looking. Look at me." Jesus says, "Look at me dying for your sins. Look at me living for your righteousness. Look at me conquering death through my resurrection. Look at me offering myself to you as a sufficient savior. Anyone can look. If you will look, you will be saved. And that's what Spurgeon said God used and I got it. Said, I'd gone to all these churches and I couldn't find the answer to the simple question. How can I have my sins forgiven? Like it just took a deacon saying, "I ain't got much, but I can tell you look, you'll be saved." And that's what Jesus is like. Jesus is like this serpent in the wilderness. If you look, unbelievers, if you look at Christ and trust in him, God will forgive you of every one of your sins. God will give you the right to become his child. Christ will break the power of sin in your life. Christ will intercede for you. And that's what he's doing right now for all of you believers. And you need to constantly look, constantly look at Christ's person. You know, this is that rhetoric, that illustration of the serpent in the wilderness. We didn't come up with that. I didn't come up with that. If I did come up with that, you might be tempted to say that's a stretch. a serpent like well this is what Jesus says as Moses lifted up the serpent in the wilderness so must the son of man be lifted up that whoever believes in him may he have eternal life Christ himself says that serpent is ultimately pointing to me if I'm lifted up if people just look at me in faith they will have eternal life so believers I lift up my eyes to the hills From where does my help come from? From Christ's person. Lift up your eyes. Think on, meditate on the person and work of the Lord Jesus Christ. That's one way that you encourage yourself. Consider Christ's wonderful person. If you need more, if you want more ammunition for thinking on that, meditating on that, you need to pick up John Flavel's book called The Fountain of Life. The Fountain of Life. It's 40some sermons just on the person and work of the Lord Jesus Christ. It's easy to read and I think it's the best book ever written on the person and work of Christ. It's volume one in his works, but you can find it on Amazon easily. John Flavel, the fountain of life. It'll help you look at Christ's person. But as you travel through this life to the celestial city, you need more than to only look at Christ's person. You need to constantly second constantly look to Christ's prescriptions. You need to constantly look to Christ's prescriptions, meaning his law, his moral law.

How are you going to have help? Where are you going to get help? How are you going to know what to do in your life? How do I know what is right and what is

wrong? Which steps I should take and I shouldn't take? Well, you need to look to Christ's prescriptions in the word. You need to look to his law, the moral law of God. How are you going to have a lamp for your feet and a light for your path? Your word is a lamp to my feet and a light to my path. Psalm 119:105. Be like David in Psalm 119:97. Oh, how I love your law. It is my meditation all the day. You need to constantly look to Christ's person first and his prescriptions second, his law. And be reminded what Christ himself says about the law of God, the moral law of God in Matthew 5:19. Whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven. But whoever does them and teaches them will be called great in the kingdom of heaven. That's how seriously you and I should take the prescriptions of Christ, the law of God revealed in the scriptures. How many commands of God have you read in the scriptures that even right now your conscience is pricking you because you know what God has said and you have decided, I'm just going to kind of ignore that or put that on the back burner for now.

Are you relaxing the commands of God?

Well, be rebuked. Then Christ says, "Whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven. But whoever does them and teaches them will be called great in the kingdom of heaven."

What is the law of God? What are the prescriptions of Christ? Well, the law of God is the moral command of God that he makes to human beings who are made in his image. The law of God is the moral command of God that he makes to human beings who are made in his image. First, he writes his law on our hearts. The prescriptions of Christ are written on everyone's heart who is made in the image of God. Everyone knows right from wrong instinctively. Our consciences can become seared through sin. We ignore the law of God and that is written on our hearts. But we can't avoid it. We know and we are held accountable. He writes his law in our hearts. And then he explicitly wrote his law with his own finger on the tablets of stone given to Moses. This law, the moral law of God, is called both the Ten Commandments and the Decalogue in the scriptures. The Ten Commandments and the Decalogue, which are all God's moral commands summarized. The Ten Commandments are all of God's moral commands summarily comprehended is how the catechism puts it. summarized. The moral law of God is summarized in the Ten Commandments. Those are God's prescriptions. You need to constantly look to them for two reasons. Do you need to constantly look to Christ's prescriptions? Put yourself go back to Psalm 121. You're traveling towards the heavenly city. You need help. Where does your help come from? You need to know the path to get there. How are you going to know how to get there? Well, your word is a lamp to my feet and a light to my path. Your law tells me how to walk. The law doesn't give us the strength to walk, but the law shows us the path to walk. So, think, I need

help. I need direction. I need to know what is right, what is wrong. I'm sick of depending on myself and ruining things. You need God's law. You need Christ's prescriptions. This is the help you need as you travel toward the heavenly city. But there there's more than just that reason. You need to constantly look to Christ's prescriptions for at least two. And the first is one that I think is most overlooked. That's why I'll spend a little bit more time on it. The law of God, you need to look to the law of God constantly, the moral law of God, because it reveals God's perfections and perfect actions. The law of God reveals God's perfections and his perfect actions. RC Sproul wrote, "The law of God proceeds from God's being and reflects his character. The law of God proceeds from God's being and reflects his character. The moral law of God, as summarized in the Ten Commandments, are not arbitrary laws that God decided he wants us to obey. [Music] The moral law of God as summarized in the Ten Commandments proceeds from God's perfect nature from his being and reflects his perfect character and his perfect actions. So you need to constantly look at the law of God not as not as a means to try to make yourself justified before God. No, but first of all to look and see God's perfections and his perfect actions. That's what the moral law of God and the ten commandments reveals. We are made in the image of God after his likeness. That means at the very least we exist to reflect his image, to image God, reflect his glory.

Therefore, God's moral law summarized in the Ten Commandments reveals how we reflect the glory of God and they are therefore reflective of his perfect attributes and perfect actions. Thomas Boston said in the law of God there is a conformity to those attributes and actions of God which are the pattern of our imitation. Some of the ten commandments, the moral laws of God, some of them are just reflective of who God is. And then one of them at the very least is reflective of what God has done.

Consider with me the Ten Commandments briefly and how they reveal God's perfections and perfect actions. I'm summarizing the Ten Commandments, not reading the totality of Exodus 20. I'm summarizing each of them. You shall have no other gods before me or other than me besides me. You shall have no other gods but me. That's not just command for you that reveals something about God. The first commandment reveals the perfect preeminence of God that he is of ultimate value. He is preeminent, of first place, of first importance. He is the glorious creator and sustainer of everything and everyone. And being the only God, he therefore is owed all worship and honor. Psalm 96 3-5. Declare the Lord's glory among the nations, his marvelous works among all peoples. For great is the Lord and greatly to be praised. He is to be feared above all gods. For all the gods of the peoples are worthless idols, but the Lord made the heavens. The first commandment reveals the perfect preeminence of God. Second, the second commandment, you shall not make for yourself a carved image, a grave, an image.

The second commandment reveals the perfect essence of God. The perfect essence of God. Boys and girls, does God have a body?

Very good. Some of you are really going like this. You're right. And some of you are like, I'm going to move my head a little bit because I'm pretty sure, but I'm not super sure. No. God doesn't have a body. God does not have a body. God is a spirit not having a body like we do. God is also omnipresent not being restricted to time and space.

God is everywhere at once. Everywhere. He doesn't have a body. Therefore, he cannot be worshiped by images or anything that is made by hands. He must be worshiped in spirit and in truth and only as he has prescribed in his written word.

Psalm 97:6-7. The heavens proclaim the Lord's righteousness and all the people see his glory. All worshippers of images are put to shame who make their boast in worthless idols. Doesn't matter if the image in your mind is representing Jesus. It's still an idol. It's still an idol.

You not You shall not make for yourself a carved image. God is spirit and those who worship him must worship in spirit and truth. John 4:24. That's what the second commandment reveals about God. But now the third, you shall not take the name of the Lord your God in vain. The third commandment reveals the perfect holiness of God. The third commandment reveals the perfect holiness of God. God is so holy that he will not allow you to take his name on your lips and use it in a flippant manner. That's what the third commandment is about. It's not about saying things like, "OMG," as much as it is speaking of the Lord in any way, flippantly, un-seriously, vainly. False prophets break the third commandment more than anyone because they lie about the Lord and they're speaking of him in vain. It reveals the third commandment, the perfect holiness of God. John MacArthur, who just recently went to be with the Lord Jesus, points out that God's holiness is his inherent and absolute greatness in which he is perfectly distinct above everything outside himself and is absolutely morally separate from sin. He's right. It's God's holiness. And the third commandment has to do with revealing God's perfect holiness. He's so holy that to use his name or to even speak of him in a flippant or untrue or an unworthy manner is to sin against him.

Ezekiel 36:22 says, "Thus says the Lord God, it is not for your sake, oh house of Israel, that I am about to act, but for the sake of my holy name, which you have profaned among the nations to which you came." Even Christ himself teaches us to pray in Matthew 6:9, "Our Father in heaven, hallowed be your name. Hallowed be your name." Because tied up in a name is reputation, glory. And when we use the Lord's name in vain, vainly, flippantly, we're saying the Lord is not holy. He's not perfect. He's not altogether separate from sin. We can speak of him in flippant manners. Shall not take the name of the Lord your God in vain. It reveals the

holiness of God. But then fourthly, remember the Sabbath day to keep it holy. The fourth commandment reveals God's perfect, not just essence, not person, not holiness. The fourth commandment reveals God's perfect actions in both creating and redeeming. Creating and redeeming. The Sabbath is not fundamentally built on redemption. The Sabbath is built on creation. The Lord commanded the Sabbath to be observed before he redeemed his people from Egypt and gave them the Ten Commandments. It's founded, the fourth commandment is founded on creation. God's perfect actions in creating. God created the heavens, the earth, and all that are in them in six days, declaring them very good. And all that he made, he says at the very very end after he made man very good. Then on the seventh day, he rested from his labor. So we labor for 6 days and set aside one out of seven to rest and worship him. It's founded on creation. Leviticus 23:3, "Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation." That means a formal assembly or gathering just like we do today. a holy convocation. We gather ourselves to worship the Lord. The fourth commandment also reveals God's perfect actions in redeeming, not only in his creating, but also in his redeeming. Exodus 5:15, you shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore, the Lord your God commanded you to keep the Sabbath day. Just as God's people under the old covenant were to set aside a day to rest, worship, and remember their redemption, so too are we who are in Christ. A day to rest, a day to worship, a day to remember and consider our redemption. Let us consider how to stir up one another to love and good works, not neglecting to meet together as is the habit of some, but encouraging one another. And all the more as you see the day drawing near. After his work of creation, God said, "It is very good." And he rested. And after his work of redemption, Christ said, "It is finished, and you and I can rest." The Sabbath day, the fourth commandment, reveals God's perfect actions in creating and resting, also in redeeming and resting. The fifth commandment, honor your father and your mother, reveals God's perfect actions in ordering the world. He has ordered the world in specific ways. There is a hierarchy. Hierarchy is biblical. You have magistrates who are over you in the civil sphere. You have elders who are over you in authority over you in the church sphere. You have a father and a mother, children who are over you, in authority over you. In the home sphere, you have slaves and masters, employees, employers who have authority over you. The fifth commandment has to do with all of that. Not just simply with your parents. The fifth commandment has to do with the way God has ordered the world. And he has put certain people in authority over you and you are to respect them. It reveals God's perfect actions in ordering the world.

The sixth commandment reveals God's perfect actions in creating man in his own image. God's perfect actions in creating man in his own image. Why is murder wrong? Because God made man in his own image. That's what Genesis 9 says. Why is it wrong to shed the blood of man? Because God made man in his own

image. You do not get to murder a human being because God made them in his image. You shall not commit adultery. The Sabbath commandment, it reveals God's perfect actions and his faithfulness. You are to reflect God in obeying the moral law of God. And when you are faithful, you're reflecting God's perfect actions and faithfulness. When you're unfaithful, you are imaging forth God in a way that says God is unfaithful. God is a murderer. God hasn't ordered things correctly when you we do not obey the fifth commandment. The seventh commandment reveals God's perfect actions in his faithfulness. Eighth, you shall not steal. Eighth commandment reveals God's perfect actions in generosity. In generosity. The Lord is generous. The Lord is gracious. The Lord is not a thief. And so too, you must not be a thief. Boys and girls, why is it wrong to steal?

To steal something from someone else. Why?

The answer is because you exist to glorify God and God is not a thief. But God is a generous giver. Stealing is wrong because you as a human being are to reflect what God is like. And when you steal, you are saying with your actions, God is a thief. But when you and I work hard and we don't steal, but we give generously, what we're saying through our actions is God is a generous giver.

The ninth commandment, you shall not bear false witness against your neighbor. It reveals God's perfect actions in his truthfulness. Why is it wrong to lie? Because God is not a liar

and you exist to reflect him in his truthfulness. You shall not covet. This reveals God's perfect actions in his providence. His perfect actions in his providence. He has given you exactly what you need to glorify him and enjoy him. And when you covet, when you are envious of what someone else has, you want what they have, you're not submitting to and resting in his providence that has given you what you have. You shall not covet reveals God's perfect actions in his providence. So I get my eyes up. I look up to the hills. From where does my help come from? My help comes from the Lord. not only his person but also his prescriptions, his law. You need his law because it helps you better understand what he is like because his laws are not arbitrary but proceed from his being and are based on his character. But you also need the law of God to know how to live. Period. You need the law of God to know how to live. The law of God reveals the design and duty of everyone and everything. The design and duty of civil government. If you don't have the law of God applied to the sphere of our government, welcome to 2025. When the law of God is thrust aside and not applied in the civil sphere, you get ridiculous laws that people argue for that make no sense. And it's because people have abandoned the law of God as the standard for which we should pass any civil law in our cities, in our states, in our nation, and in the world. The law of God reveals the design and duty of civil government. By what standard can anyone make a law in society? It has to be appealing to God's law says this. Therefore, this is right.

Anything else is arbitrary. It's either based on God's law or it's based on man's law. And as one of my friends, Ron Kronz, said at a conference that I was at not too long ago, he said, "I am sick and tired of man's law. I am sick and tired of man's law." Man creating laws. We think this is good. It's like, I want God's law because it's perfect. Man always messes it up. Well, you need the law of God or you're not going to know how civil government should function and you would potentially then just contribute to the clown world that we all live in. You don't know what God says is the duty of the civil magistrate. We need that. We need an army of men and women who know the law of God so that we know how the government should actually function, how they shouldn't function. But the law of God also reveals the design and duty of we who are in Christ. Not only civil government, it reveals our design and duty. If you have faith in Jesus, you've been delivered from the damnation of the law, but you haven't been delivered from the duty. The law of God, if you're a Christian, no longer hangs over you as a death sentence, but it is that path in front of you. And it's that lamp you're holding. I see how to walk. Your word is a lamp to my feet and a light to my path. The law of God, the moral law of God. It's a guide to help you best glorify God and enjoy him.

The law of God reveals how to love your neighbor. The law of God is the delight of those who are justified.

You need to make sure that you understand this very clear truth. Sinners hate the law of God. Christians love the law of God. If you hate the law of God, you are not a Christian. I don't care how much you say you love the gospel of God. I love what Christ has done. If you hate the law of God, you have not been born again. You do not love Jesus if you don't want to obey Jesus. Christians see that they've been freed from the law of God when it comes to a means by which you can justify yourself. And Christians being set free from the damnation of the law then love to walk in the commandments of God to live a life that is pleasing to him. Anyone who professes Christ but hates his commands does not actually possess Christ. You got to be able to say something like David and Paul. Paul says in Romans 7:22, "I delight in the law of God in my inner being." That's what a Christian says. I love God's commands. What would I do without what God told me to do? If I had to figure everything out on my own, where does my help come from? Figure it out on your own. This is going to go badly. Where does my help come from? Look to the moral law of God. I've given you many, many commands. Thank you for the help. It's like when you go to someone and you say, "I don't know what to do here." And they say, "Figure it out." It's like, "Okay, I tried. I still don't know what to do here. figure it out. I tried again and I still don't know what to do here. What you're looking for is someone to say, you could do this and this and this and this and then you go that was very what? Helpful. Where does my help come from? Comes from the Lord. Not only his person, but also his prescriptions. Oh, how I love your law. It is my meditation day and night. That's what the Christian sings with David. So I ask you to examine yourself. Do you love the law of God? Do you love the prescriptions

of Christ? Or are you one of those fake Christians who says, "I love the person of Christ. I get I want to get all my help from the person of Christ, but I don't want the prescriptions of Christ." I know Christ says, "If you love me, you will keep my commandments." But I think that's just misinterpreted. Sounds like salvation by works. Is that you?

That's many professed believers today.

The law of God is a delight to those who are justified freely by his grace. The law of God is not burdensome. if you've been saved from its curse and condemnation. This is the love of God that we keep his commandments and his commandments are not burdensome. First John 5:3. His commandments are burdensome if you're trying to obey in order to make yourself acceptable to God in a justification sense. Oh yeah, they're burdensome. You're trying to be good enough to for God to pronounce you justified. You're trying to outweigh your good deeds, outweigh your bad deeds with your good deeds. Oh yeah, they're burdensome, but not if you look at the law lawfully. It's not at all a burden. It's not burdensome for a believer has been set free from its curse and condemnation and given the law as a blessing, as a help to walk this path all the way to the celestial city. Keeping the love of God is one of the ways we show our love for Christ. I lift up my eyes to the hills. From where does my help come? From Christ's prescriptions, from his law. But you also in obedience to this, not only do you need to look to his person, not only do you need to look to his prescriptions, but you need to constantly look to Christ's promises. You need to look to Christ's promises. 2 Corinthians 1:21, "All of the promises of God find their yes in Jesus." All of the promises of God find their yes in Jesus. You are promised God's presence and guidance. Hebrews 13:5, Isaiah 41:10. You are promised salvation and eternal life. John 3:16. You are promised forgiveness of sins. 1 John 1:9 and Isaiah 1:18. You are promised peace and comfort. John 16:33 and Philippians 4:6 and 7. You are promised provision and care. Matthew 6:33. Psalm 23:1. You are promised strength and endurance. Isaiah 40:31. But they who wait for the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint. That's a promise you need as you march toward the celestial city. You're promised God's faithfulness. 2 Timothy 2:13. You are promised victory over sin and death. There is therefore now no condemnation for those who are in Christ Jesus. Romans 8:1. You are promised the return of Christ, an eternal reward in his presence. In my father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and take you to myself that where I am, you may be also. That check will clear. It's a promise of Christ. I lift up my eyes to the hills. From where does my help come? From Christ's person, prescriptions, and his promises. and all the promises of God find their yes in him. Now, lastly and briefly, as far as the exhortations for how to make use of Psalm 121 and two, you need to constantly

look to Christ's providence. They're all P's so you can easily remember them. his person, his prescriptions, his promises, and his providence.

He works all things according to the council of his will. From where does my help come from? Looking up to Christ and his providence, he can do anything he wants, whenever he wants. And he does. He works all things according to the counsel of his will. Even when I'm in the darkness, I can still trust him. He works all things according to the counsel of his will. Nothing is outside of his control. He who shed his own blood for me will not leave me and abandon me. Romans 8:28. We know that for those who love God, all things, how many things? All things work together for good. For those who are called according to his purpose, need to constantly look to Christ's providence. I lift up my eyes to the hills. From where does my help come from Christ's providence? Then look at that last little part in verse two. David just reinforces the omnipotence of God. Omni-potent. That's what omnipotence means. All power. Lest you and I think my help that I'm looking to in Christ Jesus, man, I don't doubt that Christ is willing and good, but is he strong enough to do whatever I need? Yep. He created heaven and earth. He spoke the world into existence. Is anything too hard for our God? Is anything impossible? Is any sinner so wicked that Christ can't change them on a dime with a snap? No. Is any suffering so severe that Christ will not use it to sanctify you and better prepare you for glory? No. Is any valley so dark that his staff will not comfort me? No.

Nothing is impossible for our God. And that's what he's reinforcing in himself. Henry says, "It is here promised that if we put our trust in God and keep in the way of our duty, we shall be safe under his protection so that no real evil, no mere evil shall happen to us, nor any affliction, but what God sees good for us and will do good by us." He says, "The Lord," John Trap says, 'The Lord will rather unmake heaven and earth again than his people lack help. God is our God who made heaven and earth. 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. From the Lord's person. My help comes from the Lord's prescriptions, from his providence, and from his promises. Look to the Lord Jesus Christ constantly as you march toward Zion. Pray with me.

Our Father in heaven, we thank you for your word. Thank you for Psalm 121. Bless the hearing of your word. Bless the preaching of your word. Save and sanctify.
