

Help!

Psalm 121:1-8

June 5, 2022

“We need help far beyond our own limited resources and our human answers. Modern man has been infected with the myth of autonomy, the myth of self-sufficiency. He has been told to be the captain of his own fate, the commander of his own destiny. Yet a simple virus can fell him. The road to recovery from such illusions is one word: “Help.” It is the admission that I have to ask someone for something beyond myself.” – Don Williams

Psalm 121:1-8

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. 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 forevermore.

Main Idea: Our help comes from the Lord, our Keeper.

I. The Lord who created everything is our helper (vv. 1-2)

Psalm 121:2

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

Main Idea: Our help comes from the Lord, our Keeper.

II. The Lord who created everything is our keeper (vv. 3-6)

“All four of its other occurrences employ it figuratively for someone who is (or anticipated being) overcome by divine judgment (Deuteronomy 32:35), personal sin or weakness (Psalm 38:16), or enemy oppression (Psalm 66:9; 94:18).” – Jason DeRouchie

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

John 10:27-30

“My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one.”

Main Idea: Our help comes from the Lord, our Keeper.

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.

III. The Lord will help us and keep us forever (vv. 7-8)

Romans 8:31-39

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, “For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Main Idea: Our help comes from the Lord, our Keeper.