

THE BOOKS OF PSALMS



**THE PSALMS ARE LYRICAL
POEMS DESIGNED FOR
WORSHIP AND MEMORIZATION.**

*THEY EXPRESS THE EMOTIONS, EXPERIENCES,
AND THEOLOGY OF GOD'S PEOPLE WHILE
DIRECTING THE HEART TOWARD GOD.*

A stylized illustration featuring a central path that leads from the foreground into a gate. The gate is formed by two dark blue pillars with tan-colored bases and tops. The path is light tan and winds through a green landscape towards a range of dark blue mountains. A large, bright red sun is rising behind the mountains, casting long, light tan rays across the sky. The overall style is flat and geometric, with a warm, golden-hour color palette.

PSALM 1:
THE WAY
OF THE
RIGHTEOUS

PSALM 2:
THE REIGN
OF THE
KING

A SONG OF ASCENTS

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.

PSALM 121:1-2

**WHERE DOES MY
HELP COME FROM?**

TEXTUAL COMMENTARY:

All able bodied Jewish men were expected to journey to Jerusalem for three specific events every year.

1. Feast of unleavened bread
(Passover)
2. Feast of Weeks (Pentecost)
3. Feast of Tabernacles/Booths

EXODUS 23

“Three times in the year you shall keep a feast to me”

A SONG OF ASCENTS

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.

PSALM 121:1-2

WHY MY HELP COMES FROM THE LORD

1. He has ultimate authority

A SONG OF ASCENTS

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.

PSALM 121:1-2

“

And out of that hopeless attempt has come nearly all that we call human history—money, poverty, ambition, war, prostitution, classes, empires, slavery—the long terrible story of man trying to find something **other than God** which will make him happy.

C.S. LEWIS

WHY MY HELP COMES FROM THE LORD

1. He has ultimate authority
2. He does not sleep

A SONG OF ASCENTS

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.

PSALM 121:1-2

**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.**

PSALM 121:3-4

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.

PSALM 121:5-6



He was always thinking upon us; and he is always thinking upon us. The infinite mind of God can think of all things at once. You and I, in thinking of one thing, often forget another; **but it is not so with God.** He is so great that his centre is everywhere, and his circumference is nowhere; and you, dear brother or sister, may be the very centre of God's thoughts, and so may I; and all his redeemed may at the same moment have his thoughts fixed upon each one of them.

“

Can you realize the wondrous truth that there never is a moment, night or day, in which the great mind of the Eternal ceases to think of you? Then, how safe you are with God always looking upon you! How happy you ought to be with God always thinking of you! Yea, how joyful you ought to be because, even if others forget you, **he never does!**

CHARLES SPURGEON

WHY MY HELP COMES FROM THE LORD

1. He has ultimate authority
2. He does not sleep
3. His care is eternal

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.

PSALM 121:7-8

“

God, who foresaw your tribulation, **has specially armed you** to go through it. Not without pain, but without stain".

C.S. LEWIS

LIVE THE TEXT

1. Where do you look for help?

- **Take inventory of where your help comes from this week.**
- **Are there any areas of your life that you are not trusting God for help?**

2. Use the Psalm

- **When you are stressed, overwhelmed, or anxious, read Psalm 121.**

LIVE THE TEXT