

THE BOOK OF

PSALMS

SONGS TO LIVE BY

"The Lord is My Helper"

Psalm 121

3 Insights about the help
you have in the Lord

THE BOOK OF

PSALMS

1. The Source of your help: The Lord—the Creator of all things. (v.1-2)

“Our soul waits for the LORD;
He *is* our help and our shield.” Psalm 33:20

“Behold, God *is* my helper; The Lord *is* with those who uphold my life.” Psalm 54:4

“Because You have been my help,
Therefore in the shadow of Your wings I will rejoice.
My soul follows close behind You;
Your right hand upholds me.” Psalm 63:7-8

“But I am poor and needy;
Make haste to me, O God!
You are my help and my deliverer;
O Lord, do not delay.” Psalm 70:5

“Our help *is* in the name of the LORD,
Who made heaven and earth.” Psalm 124:8 .

“Happy *is he* who *has* the God of Jacob for his help,
Whose hope *is* in the LORD his God,
Who made heaven and earth,
The sea, and all that *is* in them;
Who keeps truth forever,” Psalm 146:5-6 .

3 Insights about the help you have in the Lord

THE BOOK OF

PSALMS

1. The Source of your help: The Lord—the Creator of all things. (v.1-2)
2. The Scope of your help: The Lord sustains your life by caring for you at all times. (v.3-6)

3 possibilities for harm to travelers are referred to in this psalm:

- A person traveling on foot can at any moment step on a loose stone and sprain his ankle.
- A person traveling on foot under long exposure to a hot sun, can become faint from the heat.
- A person traveling for a long distance on foot, under the pressures of fatigue and anxiety, can become emotionally ill, which was described by ancient writers as moonstruck (*lunacy*).

3 Insights about the help you have in the Lord

THE BOOK OF

PSALMS

1. The Source of your help: The Lord—the Creator of all things. (v.1-2)
2. The Scope of your help: The Lord sustains your life by caring for you at all times. (v.3-6)
3. The Strength of your help: The Lord preserves your soul by protecting you from evil. (v.7-8)

“Our soul is kept from the dominion of sin, the infection of error, the crush of despondency, the puffing up of pride; kept from the world, the flesh and the devil; kept for holier and greater things; kept in the love of God; kept unto the eternal kingdom and glory.”

-Charles Spurgeon