



# PILGRIM SONGS:

✠ THE PSALMS OF ASCENT ✠



*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.*

*-Psalm 121:1-8*



# *Recap of Context: Psalms of Ascent*

- These Psalms (120-134) were sang by Jews on their pilgrimages back to the temple in Jerusalem
- Three festivals they back to Jerusalem for annually: Feast of Unleavened Bread (Passover), Feast of Weeks (Pentecost), & Feast of Booths



# *We need to be kept.*

*Hills = Robbers, Vagabonds, Rebels, Predators, & Unforgiving Weather*

1 I lift up my eyes to the hills. From where does my help come? 2 My help comes

*We are wrought with desperation*

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

*Hebrew -> nepes = soul*

The Lord will keep you from all evil; he will keep your life. 8 The Lord will keep

*Kept both physically & spiritually*

your going out and your coming in from this time forth and forevermore.

-Psalm 121:1-8



Central Theme of this Psalm: God keeps  
His people

6x it mentions "the Lord keeps us"

# *We have a great Keeper.*

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.

*vs. 1-2 : first person singular*

*vs. 3-8: second person singular*

*Wedding two truths in his mind:*

*1. His help comes from the Creator & 2. The Creator is his personal keeper*

**-Psalm 121:1-8**

*The tangled up mess of our lives is no match for the grace-filled finger tips of our Keeper.*



# *Who & How Does God Keep?*

*1. He keeps His people in all spaces. vs 2-4*

1 I lift up my eyes to the hills. From where does my help come? 2 My help comes

*God is omnipotent = all powerful*

*God sustains all He creates*

from the Lord, who made heaven and earth. 3 He will not let your foot be

*God creates ex nihilo (out of nothing)*

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.

*God is the principle cohesion in the universe. He impresses upon*

*creation that unity and solidarity which makes is a cosmos*

*instead of a chaos.” -J.B. Lightfoot*

-Psalm 121:1-8



# *Who & How Does God Keep?*

*2. He keeps His people in all situations. vs 5-6*

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 *shade = shadow* 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 *God is always present & always protecting* They believed you could be moonstruck by lunar rays. 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.

-Psalm 121:1-8



# *Who & How Does God Keep?*

*3. He keeps His people in all seasons. vs 7-8*

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

*God keeps us from all evil = Separated from God Himself      life = soul*

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.

*God keeps thorough all of life: In our death & In our living*

**-Psalm 121:1-8**





# *Christ our King keeps us.*

*Christ subjected himself to all evil so we can be kept from all evil.*

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.

*Hebrew -> nepes = soul*

**-Psalm 121:7-8**

*As believers, lift our eyes to a hill outside Jerusalem known as Golgotha where evil did its worst & met its Victor in Christ.*

27 My sheep hear my voice, and I know them, and they follow me. 28 I give them eternal life, and they will never perish, and **no one will snatch them out of my hand.** 29 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.** 30 I and the Father are one.”

**-Jesus ( John 10:27-30 )**

*Christ grip on us is infinitely greater than our circumstances and even our grip on Him— that's the scandal & beauty of grace.*





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