

July 30, 2023
The Bridge Bible Fellowship
Pastor Paul S. Brown
Psalm 121

“Where do You Turn for Help?”

A Song of Ascents.

- I. Who / What? (1-2)** – ¹ I will lift up my eyes to the mountains; from where shall my **help** come? ² My **help** *comes* from the LORD, Who made heaven and earth.
- II. Why? (3-8)** – ³ He will not allow your foot to slip; 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 will not smite you by day, nor the moon by night. ⁷ The LORD will **protect** you from all evil; He will **keep** your soul. ⁸ The LORD will **guard** your going out and your coming in from this time forth and forever.

So what?

Discussion & Application:

1. **Read Ps. 20:7 and Jer. 9:23-24.** What were some things that people were prone to boast about (trust in) at that time? What are some things that people trust in today? Why do they trust in them? Why might that trust be misplaced?
2. Psalms 120-134 are called “**Songs of Ascent.**” Some call them Traveler Songs or Pilgrim Song. Why do they have that title? Why would the people singing those songs need help? What might be some causes of fear / anxiety while they are away from home?
3. What are some possible meanings for the word “**mountains**” (or “hills”) in verse 1? For each possible meaning, how would this psalm help the weary traveler draw closer to the LORD and trust Him more?
4. What are the implications of God’s name, **Yahweh** (LORD)? How does that name (and all that it implies) help us overcome fear and worry?
5. The psalmist emphasizes that Yahweh made heaven and earth. How important is it to believe that God is Creator? How does believing that God created all things help us trust Him when we are facing difficult situations?
6. What does the word “keep” mean? Why would the psalmist use it six times in verses 3-8? [Note: the NASB95 translates the same word “protect” in v. 7 and “guard” in v. 8] How many ways can you find in these verses that God “keeps” us?
7. What is the difference between “slumber” and “sleep”? What does that tell us about God’s ability to keep us at all times? Read 1 Kings 18:20-29. What was Elijah mockingly saying about their “gods” in v. 27? Since God never rests (keeps us 24/7), what are the implications for us as it pertains to: worry / fear / anxiety; sleeping well at night; doing our part and leaving the results in His hands; and prayer?
8. What does it mean that the LORD will protect you from all evil? In what sense are we protected from evil since evil things still happen to true believers? How do passages like Gen. 50:20; Rom. 8:28; Heb. 12:4-11 help?
9. Jesus would have sung this song as He ascended to Jerusalem for the Passover. How would this have encouraged Him as He entered the Garden of Gethsemane to pray right before He was arrested, tried, and crucified?
10. How does Jesus ultimately fulfill the promises of this Psalm? [Read John 10 for one example]
11. Share some specific stories of how the LORD has kept you over the years. Then ponder how many times He has kept you that you didn’t even know about it. Take some time individually and with others to praise the LORD for faithfully, personally, and powerfully keeping you now and forever.
12. **EVERY DAY THIS WEEK: Read (or recite from memory) Psalm 121 when you leave the house in the morning and when you get back home at night.** Meditate upon the fact that the LORD will keep you. In every difficulty, look to Him first and foremost as the One who will help you and keep you. Trust Him for everything and enjoy His protection and peace. [Note: if you don’t leave your house, do this first thing in the morning and last thing at night]
13. Have you turned from idolatry and sin, and put your trust in Jesus (Yahweh) alone? He alone can protect you from God’s coming judgment. Please give your life to Jesus right now. If you have questions, call the church office at 818-776-1500.