

"OUR HELPER AND KEEPER"

Psalm 121

Main Idea: The Lord is our constant Companion in life's journey, standing between us and every threat of evil and guaranteeing our security along the way.

Psalms of Ascent

The futility of the hills (v.1)

The one, true God (v.2)

The most fundamental doctrine

The creator of all

The LORD vs. pagan gods (vv.3-7)

He ensures sure-footedness (3a)

He is ever watchful (3b-4)

He protects from sunstroke (5-6a)

He shields from *lunacy* (6b)

He preserves from all evil (7)

Preservation and protection in a dangerous world

Family Life Groups

“Our Helper and Keeper”

Psalm 121

Main Idea: The Lord is our constant Companion in life’s journey, standing between us and every threat of evil and guaranteeing our security along the way.

1. In Psalm 121 (a psalm of ascent) the Hebrew community was declaring that God alone was their salvation. They were choosing to trust Him for protection and preservation, rather than the superstitious methods of their fearful neighbors. Think about your life. Are you fearful? Do you worry about your health and safety (or the health and safety of your loved ones), your future, your finances, etc.? What steps do you take to ensure your safety and security? How can you make sure that God is the One you trust for your security, and not those steps?

2. When verse 7 promises that "...the LORD will keep us from all evil; he will keep our life," it is not a promise that God will prevent bad things from

happening to us, or that we are exempt from pain and suffering. It means that God is with us at all times, He watches over us at all times, and He will preserve us from evil (even when bad things happen). How can this truth help you when you are facing trials, injustices, and hardships?

Questions? Feel free to contact Pastor Stan Myers at stan@ebcsalem.com