



God Is My Help  
Psalm 121:1-8  
#8 in a series on the Psalms  
Pastor Lyle L. Wahl  
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**The Need For Help.**

1. An upward, panoramic look. (1a; cf. 123:1; 125:1-2)
2. An inward, penetrating question. (1b)

**The Source Of Help.**

1. God the Creator. (2; cf. 8:3; 33:20-21; 70:5; 123:2; 124:8)
2. God the Keeper. (3, 4, 5, 7, 8; cf. 16:8-11; 55:22; 66:8-9; 91:1)

**The Nature Of Help.**

1. Keep you from slipping. (3; cf. 16:8; 17:5; 55:22; 62:2, 6; 66:9; 125:1; Proverbs 3:23; 4:12; Jude 24)
2. Keep you from all evil. (5-8; cf. 23:4; 34:19; 57:1-2; 63:7; 91:1; 97:10; Romans 8:28-39)
3. Keep you constantly, forever. (3-6, 8; cf. 28:9; 125:1-2; 139:1-5)

## In My Life This Week

*(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)*

**Monday.** Read Psalm 121. As the title to this Psalm indicates, it is “A Song of Ascents.” These Psalms (120-134) were sung by travelers on their way to Jerusalem to celebrate the annual feasts of Passover, Pentecost and Booths. Try to picture yourself traveling (walking) with the hills surrounding Jerusalem on the horizon, anticipating a significant and moving time of worship. Now read this Psalm once more in that light. This is not mere history for us. The question and assertions are timeless. Read the Psalm once more, personalizing it.

**Tuesday.** The Psalmist answers his question of verse one, “From where does my help come?” with the response of one who relies on God, “My help comes from the LORD!” (verse 2). Where does your strength come from? Think about yesterday and today — from where *has* your strength been coming?

**Wednesday.** Why does God’s strength make such a difference for His children? Because God is the Creator of all that is (verse 2) and cares about His people personally by being their Keeper. The term for *keep* occurs six times in verses 3-5 and 7-8, although it is translated with the words keeps, keeper, protect and guard (NASB). Review these verses, identifying each aspect and then apply them to yourself in light of today and your current situation.

**Thursday.** Verse three tells you that God your Keeper “will not allow your foot to slip.” Read Psalm 16:8 and 62:2 to see this wonderful truth underscored for you. As well, God will “protect you from all evil” (verse 7). What does this mean? Do you remember the principle we noted on Sunday? Thank God for being your great and gracious Keeper today, and every day. However difficult your circumstances, perplexing the questions, sad and lonely the long, dark nights, God is still *your* keeper. Count on that ... better, *count on Him!*

**Friday–Saturday.** Sunday is Father’s Day. Pastor Tyler will be speaking on Psalm 48. Read and think through this Psalm as you prepare for our time of worship together.

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