

# My Help, Your Keeper (Psalm 121)

## Psalm 121

- 1 I will lift up my eyes to the hills- From whence comes my help?
- 2 My help comes from the LORD, Who made heaven and earth.
- 3 He will not allow your foot to be moved; He who keeps you will not slumber.
- 4 Behold, He who keeps Israel Shall neither slumber nor sleep.
- 5 The LORD is your keeper; The LORD is your shade at your right hand.
- 6 The sun shall not strike you by day, Nor the moon by night.
- 7 The LORD shall preserve you from all evil; He shall preserve your soul.
- 8 The LORD shall preserve your going out and your coming in From this time forth, and even forevermore.

## MY HELP

### Psalm 121

- 1 I will lift up my eyes to the hills- From whence comes my help?
- 2 My help comes from the LORD, Who made heaven and earth.

- “I will” is a statement of determination. David makes a declaration! He makes clear where he is looking for deliverance. No matter how deep in the valley he may be. If the enemy is overpowering, if the world is offering help, if all seems to be against him... I WILL lift MY eyes.
- “My help” is not from therapy, not from inner energy, not from man’s wisdom, finances, health or connections.
- David is not looking down! He is not looking around! He is looking up! He is looking with expectation, faith and hope!

### Psalm 42

- 5 Why are you cast down, O my soul? And why are you disquieted within me? You hope in God, for I shall yet praise Him For the help of His countenance.

- “I shall YET praise Him!” I WILL lift my eyes, and I WILL praise Him for the help of His presence.
- David declares plainly that his help is The Lord. David has made himself dependent upon The Lord. You get your help wherever works for you but as for me... MY help comes from The Creator God, The Lord of all! This is a constant theme with David.

### 2 Samuel 22

- 2 And he (David) said: “The LORD is my rock and my fortress and my deliverer;
- 3 The God of my strength, in whom I will trust; My shield and the horn of my salvation, My stronghold and my refuge; My Savior, You save me from violence.
- 4 I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies.

- When troubles and trials come do we look to The Lord as an option? Or as the ONLY hope? We can be guilty of praying and then not waiting but taking our own wisdom. In reality, praying without faith or dependence and leaning on our own understanding.
- David said HIS help was The Lord!

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MY help comes from The Lord. This is my declaration! I will lift MY eyes and look to The Lord, the creator, MY Saviour, MY Shepherd and MY Father!  
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## YOUR KEEPER

### Psalm 121

- 3 He will not allow your foot to be moved; He who keeps you will not slumber.
- 4 Behold, He who keeps Israel Shall neither slumber nor sleep.

- David is now encouraging God’s people. He is talking to “you”. He is exhorting them to faith and to enjoy the trust and peace that He has personally found in The Lord! This feels like a shepherd speaking to God’s sheep.
- “He will not allow your foot to slip” He will not ALLOW it!! So long as you are trusting in The Lord and following after Him. The Lord directs YOUR steps. He upholds YOU. He protects YOU. He is ALWAYS actively watching. He will NOT ALLOW you to be moved! He will NOT ALLOW you to slip so long as you walk closely with Him. Trust in the creator of the hills! Look up!

### Psalm 125

- 5 As for such as turn aside to their crooked ways, The LORD shall lead them away With the workers of iniquity. Peace be upon Israel!

- There are those who wilfully turn aside. There are those who choose to stop trusting and following The Shepherd. They shall be lead away... Away from Him and away from the flock. It is as we abide in The Lord and as we follow closely after Him in loving obedience that He will provide and protect!

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Our Father has us as the apple of His eye. He formed us and made us. He knows every tear; He knows every circumstance. This is the day that The Lord has made, He has brought all these circumstances together! He is the author and finisher of our faith! He is tenderly watching every step we take, drawing us closer to Himself and gently guiding us with His goodness and mercy. May we be found to be grateful, loving, obedient sheep, fully dependent and trusting in our Shepherd, Lord and Father!  
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**Psalm 121**

*5 The LORD is your keeper; The LORD is your shade at your right hand.*

- The LORD God Almighty is YOUR keeper! Hallelujah! He is YOUR protector! YOUR shield! YOUR defence! YOUR strong tower to run to and hide in!
- GILL: ...to hold their right hand; to teach them to go, lead them into communion with himself, and hold them up safe; and to counsel and direct them, and to protect and defend them against all their enemies.
- AMPC "On the right side not carrying a shield." He is our defence in battle.
- These truths are for the Born Again believer but can you and will you proclaim that He, THE LORD, is MY keeper?

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Brothers and sisters... The LORD is YOUR keeper!! The Lord is on YOUR right side! He delights in blessing YOU and protecting YOU!  
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**Psalm 121**

*6 The sun shall not strike you by day, Nor the moon by night.*

- YOU will be protected both day and night! From the mighty heat of the sun or the cold dim, veiled light from the moon. Whether the enemy be blindingly bright and overpowering with burning heat that offends, burns and wearies; or dimly lit, crafty and underhanded, working in darkness... YOU shall be safe! Neither shall strike you as you abide in The Lord!

**Isaiah 27**

*2 In that day [it will be said of the redeemed of Israel], A vineyard beloved and lovely!*

*3 I, the Lord, am its Keeper; I water it every moment; lest anyone harm it, I guard and keep it night and day.*

**Hebrews 7**

*25 Therefore he is able also to save them to the uttermost that come unto God by him, seeing he ever lives to make intercession for them.*

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All day, every day, all night, every night The Lord is praying and interceding for YOU. He is keeping you, tending to you, feeding and watering you... He is keeping you safe, causing you to grow and to prosper. He is establishing you. Take a moment to hear that. Do we really believe that this morning? Sometimes we really ought/need to consider how our life would look if we truly believed.  
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**Psalm 121**

*7 The LORD shall preserve you from all evil; He shall preserve your soul.*

*8 The LORD shall preserve your going out and your coming in From this time forth, and even forevermore.*

- THE LORD shall preserve! Hallelujah!! HE shall preserve YOU! HE! THE LORD shall preserve YOUR SOUL! From ALL evil!! Is this real to you this morning?! This promise is for YOU!
- The LORD is the one who is our keeper, our preserver, our hope, our song and our joy and peace. If we find that we are without those, then we find ourselves without Him! If Jesus IS peace but I don't HAVE peace... Then I am the one who is lacking! Praise The Lord for repentance and His merciful heart.
- This psalm is written to the individual! Take this personally! This is for YOU and ME! Hallelujah! Our hearts should be well stirred, our faith built up and our joy flowing over! What merciful and wonderful promises!!

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We take so much of this for granted. Have we got to the point that these truths do not amaze us? Is this just another pep talk along the way? Are we humbled by His love for us? Are we overwhelmed with gratitude and praise to think these words are spoken over us?! Any Christian will say they believe The Word is truth but will we have faith in HIS Word?  
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