

God's Help on the Journey of Life

Psalm 121

When you find yourself worried and anxious, Psalm 121 offers **three assurances** of God's help on the journey of life.

- **ASSURANCE #1: GOD HIMSELF IS OUR SOURCE OF HELP.**

I lift up my eyes to the hills—where does my help come from? ²My help comes from the LORD, the Maker of heaven and earth.” Psalm 121:1-2 (New International Version)

Psalm 121:1-2 suggests two initiatives:

- Refocus your attention: *I lift up my eyes to the hills . . .*
- Look to God as your Source: *My help comes from the LORD . . .*

She gave this name to the LORD who spoke to her: “You are the God who sees me,” for she said, “I have now seen the One who sees me.” Genesis 16:13 (NIV)

“On what are you basing this confidence of yours? . . . Do not listen to Hezekiah, for he is misleading you when he says, ‘The LORD will deliver us.’ ” 2 Kings 18:19c, 32b (NIV)

Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the LORD and spread it out before the LORD. ¹⁵And Hezekiah prayed to the LORD: “O Lord, God of Israel . . . You have made heaven and earth. ¹⁶Give ear, O LORD, and hear . . . deliver us from his hand, so that all kingdoms on earth may know that you alone, O LORD, are God.” 2 Kings 19:14-16a, 19 (NIV)

- **ASSURANCE #2: GOD'S HELP IS CERTAIN.**

He will not let your foot slip--he who watches over you will not slumber; ⁴indeed, he who watches over Israel will neither slumber nor sleep. ⁵The LORD watches over you—the LORD is your shade at your right hand; ⁶the sun will not harm you by day, nor the moon by night. Psalm 121:3-6 (NIV)

Psalm 121:3-6 offers two promises:

- God's promise of help applies to every believer: *He will not let your foot slip . . .*
. . . he has preserved our lives and kept our feet from slipping. Psalm 66:9 (NIV)
- God stands between us and whatever distresses or threatens us.
. . . the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night.

Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out. 1 Corinthians 10:13 (Good News Translation)

- **ASSURANCE #3: GOD'S HELP IS LIMITLESS.**

The LORD will keep you from all harm— . . . the LORD will watch over your coming and going both now and forevermore.” Psalm 121:7, 8 (NIV)

“Comings and goings” = “all the circumstances and occupations of life.”

And even the very hairs of your head are all numbered. ³¹So don't be afraid . . .” Matthew 10:30, 31a (NIV)

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1 (NIV)

For I am already being poured out like a drink offering, and the time has come for my departure . . . ¹⁸The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. 2 Timothy 4:6, 18 (NIV)

We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹persecuted, but not abandoned; struck down, but not destroyed. . . . ¹⁶Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:8, 9, 16 (NIV)