

Hope is Real God is Our Help

Psalm 121:1-8

- 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.
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.

Every Jew who journeyed to Jerusalem would have learned the Songs of Ascents. These Psalms helped to prepare the hearts of the people for an encounter with God. They reminded them of the nature of the Father. Today we want to remember that God is our help. He is able to help us through all difficulties. He gives us peace, provides us strength, and defends us as we go through the struggles of life.

God is our help.

1. With Him is all power.
Genesis 1:1, Psalm 96:5, 1 Chronicles 29:11, Hebrews 1:3
2. We can count on Him at all times.
Psalm 127:1, Isaiah 27:3
3. He will be present to defend us.
Psalm 91:1, Isaiah 25:4, 2 Kings 19:32-37
4. He will guard us from evil.
Psalm 37:28, 41:2, Exodus 14:26-27
5. He will preserve us.
1 Samuel 17:4, 26, 37, 48-49