Psalm 121 A song of ascents.

- 1 I lift up my eyes to the mountains—where does my help come from?
- **2** My help comes from the LORD, the Maker of heaven and earth.
- 3 He will not let your foot slip he who watches over you will not slumber;
- **4** indeed, he who watches over Israel will neither slumber nor sleep.
- **5** The LORD watches over you— the LORD is your shade at your right hand;
- 6 the sun will not harm you by day, nor the moon by night.
- **7** The LORD will keep you from all harm—he will watch over your life;
- **8** the LORD will watch over your coming and going both now and forevermore.



Hope of Devine Help	The Promise of Devine Help
 The psalmist speaks in first person Uses I and My Looks for a helper 	 Written in second person singular Uses you and your Shifts to helper, guard or keeper

We need to believe He is who He says He is

A few reminders...

- Psalm 103:8-14: These verses describe God as compassionate, gracious, slow to anger, and abounding in love.
- Isaiah 41:10 (NIV): "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
- Hebrews 13:6 (NIV): "So we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?"



Psalm 46:1:

"God is our refuge and strength, an ever-present help in trouble."

Hebrews 4:16:

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

When we stand firm in our faith we:

- Stand in grace (Romans 5:2)
- We stand in the gospel (1 Corinthians 15:1)
- We stand in courage and strength (1 Corinthians 16:13)
- We stand in faith (2 Corinthians 1:24)
- We stand in the Lord (Philippians 4:1)

