

"My Help comes from the Lord"**Psalm 121**

Introduction: We are certainly in a trying time in our nation. Last week I made mention that we would never have believed the person who would have predicted all of this two weeks ago. But here we are, and it is truly a reminder of how quickly life can change. We may have known that in our minds but now we have lived it. All of this should not surprise us for the Bible tells us life is going to be more difficult as our world draws closer to the Tribulation period.

2 Timothy 3:1

This know also, that in the last days perilous times shall come.

The word "perilous" means "savage times" or "hard to bear times". Let me show you what Peter wrote to the believers who were under the persecution of Nero.

1 Peter 4:12

¹² *Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:*

These believers were facing the testing/trial of their faith. That is exactly what we are facing as we deal with the circumstances surrounding the Coronavirus.

But just because God tells us that these times will come and that we should not think it strange, that still does not make it easy. So, we need strength, encouragement and comfort for this time. For that reason, God has impressed upon my heart to spend some time in the Psalms to draw strength, comfort and encouragement from what the Psalmists were going through and from what they recorded.

Today we shall look at Psalm 121 for what we need in the midst of what we are facing.

I. The Setting

Let me set the scene for this Psalm so that we can better relate to the writer. This is a pilgrim Psalm. The writer is traveling and as he travels, he is moving toward Jerusalem. I believe it is so fitting to read Psalm 120 before we step into Psalm 121.

Notice Psalm 120

In my distress I cried unto the LORD, and he heard me.

² *Deliver my soul, O LORD, from lying lips, and from a deceitful tongue.*

³ *What shall be given unto thee? or what shall be done unto thee, thou false tongue?*

⁴ *Sharp arrows of the mighty, with coals of juniper.*

⁵ *Woe is me, that I sojourn in Mesech, that I dwell in the tents of Kedar!*

⁶ *My soul hath long dwelt with him that hateth peace.*

⁷ *I am for peace: but when I speak, they are for war.*

This seems to be what the Psalmist is facing. He is surrounded by lying lips and deceitful tongues. Their words are like sharp arrows and hot coals. All around him are people that hate peace and this man longs for peace.

Application:

This can be seen as a picture of where we are today. We are on a journey toward our eternal home. We too are pilgrims for we are just passing through this world. We are temporary residents and all we have is temporary possessions. We too are surrounded by lying lips and deceitful tongues in the midst of what is going on. People do not know what to believe because there are so many rumors and false information. The lies are like arrows and hot coals for they sting when they enter the mind. They strike fear, panic and paranoia in many people. We desire peace and safety but the world around us seems to be bent on war. They slander one another, they blame one another, they never seem to seek peace but only hatred.

This is what the Psalmist was facing. Therefore, we can relate to what he was living. We are thousands of years apart, but the situations are very much the same.

II. The Question

Notice Psalm 121:1

Here we see the location of the Psalmist. He is in the valley. He lifts his eyes up to the hills and asks the question, "From whence cometh my help?" He finds himself in a valley looking up into the hills. The hills could be some frightening places. The robbers and the thieves lodged there. There were many unknowns lurking in the wilderness.

Application:

Again, we can relate to this Psalmist. Maybe you are in a valley today. The news which you are bombarded with is getting to you and you have in some way sunk into a valley. You look around and there are robbers and thieves all around. They rob you of God's peace. They rob you of sleep. They steal away your joy. The dreams which you had seemed to be fading away because of what is happening in the world around us. There are so many unknowns. You are concerned for your family. You maybe have been laid off at work and you have

payments that need to be made. You have money invested in the stock market and it looks like there is a hole in the bucket.

Just like the Psalmist you have sunk into a valley because of what is going on and because of all the unknowns. So, you also raise the question, "Where am I going to find help in the midst of where we are today?"

III. The Answer

Notice Psalm 121:2

The Psalmist now declares that his help comes from Jehovah, meaning the ONE TRUE GOD. He does not look to the world for his help, but he looks to his God. He then takes this thought to another level at the end of this verse. He names God as the Creator of heaven and earth. Why does he mention this?

This shows the mighty power of God. Out of nothing God created the heavens and the earth. If God can create all of this from nothing, he can surely meet the need of the Psalmist as he walks through the valley.

Application:

What a great reminder to you and me as we go through this season which we are in. God has created the heavens and the earth from nothing and therefore He can surely meet our needs as we face so many unknowns. Let me share some verses with you:

Psalm 37:25-28

²⁵ *I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.*

²⁶ *He is ever merciful, and lendeth; and his seed is blessed.*

²⁷ *Depart from evil, and do good; and dwell for evermore.*

²⁸ *For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off.*

Romans 8:31-39

³¹ *What shall we then say to these things? If God be for us, who can be against us?*

³² *He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?*

³³ *Who shall lay any thing to the charge of God's elect? It is God that justifieth.*

34 Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

35 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

37 Nay, in all these things we are more than conquerors through him that loved us.

38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Philippians 4:19

19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Notice Psalm 121:3-4

There are two points to be seen here:

a. God will not suffer thy foot to be moved.

Picture with me a weary traveler. He is tired as he weaves his ways through the valleys and the ravines. A slip of the foot could be severe. It could result in a broken leg, arm or foot. The wearier the traveler would become the greater the danger of falling.

But what a promise this is here. The Psalmist knows that God would never permit his foot to slip. He would keep him steady as he walked the path.

Application:

This is a great promise for us as we walk this path passing through this dark world. We to grow weary, we grow tired, we encounter many dangers, but we can be sure that our God will not permit our foot to slip. As our minds are stayed upon Him, he will keep us steady and strong in the journey.

Psalm 27:1

The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

Psalm 37:37-40

³⁷ Mark the perfect man, and behold the upright: for the end of that man is peace.

³⁸ But the transgressors shall be destroyed together: the end of the wicked shall be cut off.

³⁹ But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.

⁴⁰ And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.

2 Corinthians 4:15-18

¹⁵ For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.

¹⁶ For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

¹⁷ For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

¹⁸ While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

b. God does not slumber nor sleep.

This is such an important Truth that it is repeated in two verses. God never falls asleep while watching over our steps. If our God slept, we would be doomed for we could never survive without Him. He watches our every step and He makes sure we are not destroyed by the enemy and that we do not lose our footing as we walk.

What an encouragement this is. For this reason, we can lay our head on our pillow and sleep at night because our God is on watch and He never gets tired and He never sleeps.

Psalm 3:1-5

Lord, how are they increased that trouble me! many are they that rise up against me.

² Many there be which say of my soul, There is no help for him in God. Selah.

³ But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.

⁴ I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.

⁵ I laid me down and slept; I awaked; for the LORD sustained me.

Psalm 127:2

² *It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

Notice Psalm 121:5

Here is a most wonderful statement. **The Lord is thy Keeper!**

This is such an amazing statement that we would not need to consider anything else. God is the ONE who keeps us and preserves us. While we sleep, He watches. While we walk, He strengthens. While the world spins in turmoil He gives us peace within our hearts.

Isaiah 26:3-4

³ *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

⁴ *Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:*

Notice Psalm 121:5-6

God is our shade. This means He is our protection. How great is His protection? He is able to shelter us from the two greatest lights in all the world, the sun and the moon. Let me just say that if God can shelter us from these two lights, He can shelter us from any danger.

Now someone may ask, "Why then do I experience trials and difficulties and even afflictions?"

These are for the purpose of shaping us and stripping us of self-dependence. It is God's desire to see us lean completely upon Him and trust Him with all we face.

Proverbs 3:5-6

⁵ *Trust in the LORD with all thine heart; and lean not unto thine own understanding.*

⁶ *In all thy ways acknowledge him, and he shall direct thy paths.*

God permits certain things into our lives to cause us to depend upon Him.

Romans 8:28-29

²⁸ *And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

²⁹ For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

God cares more about our growth than He does our comfort.

Notice Psalm 121:7

Here we see the grace of God as He is the one who preserves the soul of the believer.

1 Peter 1:3-5

³ Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,

⁴ To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

⁵ Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.

Jude 1:24

²⁴ Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.

Romans 5:9-10

⁹ Much more then, being now justified by his blood, we shall be saved from wrath through him.

¹⁰ For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

Hebrews 10:14

¹⁴ For by one offering he hath perfected for ever them that are sanctified.

Notice Psalm 121:7-8

Don't miss that the word preserve is used 3 times. We are preserved when we go out and when we come in. All of our actions all day and every day are watched closely by our God.

Conclusion:

What we are facing in our world is under the control of God and we are under the protection of God. We are in the BEST HANDS of all.