

**Reflection Questions:** Where do I usually look for my help? What is the source of my protection? If it is not God, why not? Does my confidence, trust, and faith truly rest in Him? How can I improve in this area?

How can we pray for one another and our church this week?

### Quotes to Ponder

*Our soul is kept from the dominion of sin, the infection of err, the crush of despondency, the puffing up of pride; kept from the world, the flesh, and the devil; kept for holier and greater things; kept in the love of God; kept unto the eternal kingdom and glory.*

*The purposes of God; the divine attributes; the immutable promises; the covenant, ordered in all things and sure; the providence, predestination, and proved faithfulness of the Lord—these are the hills to which we must lift our eyes, and from these our help must come.*

Charles Spurgeon

*Everything in the heavens and on the earth bears witness to the great Creator who is also our heavenly Father, so why should we fear?*

Warren Wiersbe

*Good men must be very unbelieving to make it necessary for the Almighty so often to assure them of His preserving and protecting care as He does no less than six times in this psalm.*

William Plummer

*None of us are safe until we take refuge in God.*

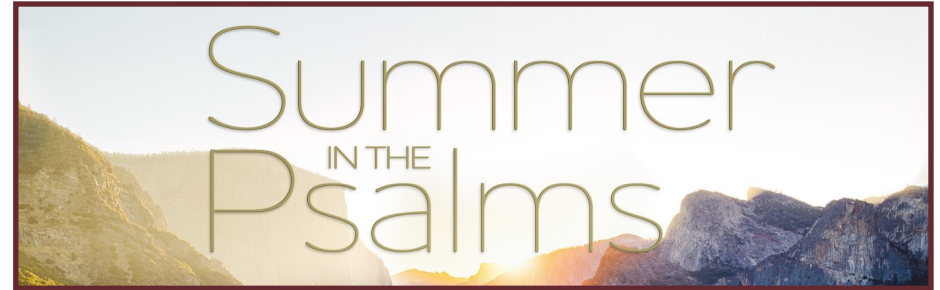
Samuel Cox

*Because God controls the universe, chance is ruled out, and because it is God who controls the universe, fate is ruled out also.*

Gerald Williamson

*In His providence, God knows how much joy and sorrow, how much pleasure and pain, how much prosperity and poverty is proper for His child. He knows the correct balance of sunshine and storm, the precise mixture of darkness and light it takes to perfect a son.*

Richard Halverson



Psalm 121

*Sermon*  
*Notes*

August 29, 2021

1. Our Need for Help (1-2)

2. The Nature of Our Help (3-8)

A. He Keeps Us (3-4)

B. He Protects Us (5-6)

C. He Preserves Us (7-8)

1. What in the text/sermon impacted you? Encouraged you? Convicted you? Challenged you? Confused you? Comforted you?

2. How does *Psalm 121* focus more on the successful outcome of the journey than on the dangers of the journey?

3. What should our attitude be according to *Psalm 121:1-2*?

4. Six times in *Psalm 121* we are told that the LORD *keeps* us. How is this *keeping* active and not passive? Why is it important to meditate on such phrases in this psalm?

5. What does it mean that *the LORD is your keeper (Psalm 121:5)*?

Does this mean no adversity will come to the Christian? Explain.

6. Read *Psalm 121:3-4*. What is the comfort of knowing God neither slumbers nor sleeps?

7. What does it mean that God *will not allow your foot to slip (Psalm 121:3)*?

8. What do these verses add to your understanding of *Psalm 121:3*?

*1 Samuel 2:9* —

*Psalm 66:9* —

*Psalm 37:23-24* —

*Proverbs 3:26* —

*Psalm 56:13* —

*Jude 24-25* —

9. The psalmist says twice (*Psalm 121:3-4*) that God does not sleep. What does this mean?

What do these verses add to your understanding of this?

*Psalm 4:8* —

*Proverbs 3:21-24* —

10. What do the following verses add to your understanding of God being our *keeper*?

*Psalm 28:8* —

*Psalm 62:2* —

*Psalm 46:1* —

*Psalm 124:8* —

11. Read *Psalm 121:5-6*. What is the significance of *shade*? Of the *sun* and *moon* not smiting you?

Read *Psalm 91:1*, *Isaiah 4:6*, and *Isaiah 25:4*. What do they add to your understanding of this concept?

12. Read *Psalm 121:7-8*. What does it mean that God will protect us *from all evil*? Does it mean we will never experience troubles? Explain.

13. What promises are made in *Psalm 121*?