

Psalms of Ascents 121 “Kept”
Psalm 121:1-8
January 12, 2025

Psalm 121:1-8

- 1 I lift up my eyes to the hills.
From where does my help come?
- 2 My help comes from the Lord,
who made heaven and earth.
- 3 He will not let your foot be moved;
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 shall not strike you by day,
nor the moon by night.
- 7 The Lord will keep you from all evil;
he will keep your life.
- 8 The Lord will keep
your going out and your coming in
from this time forth and forevermore.

The journey has just started and already there is a question of help.

Psalm 121:1

I lift up my eyes to the hills. From where does my help come?

Hills.

Foot. Sun. Moon.

Sleeplessness can be a sign of commitment.

Psalm 121:5

The Lord is your keeper; the Lord is your shade on your right hand.

The Lord is your keeper.

Psalm 121:7

7 The Lord will keep you from all evil; he will keep your life.

Evil will not win.

“The Lord” means that this kind of protection has a name.

1 Peter 1:3-5

3 Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, 5 who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

Jesus endured the hardest hill that there ever was and secures you to a future that cannot be taken from you.

Life Group Discussion Questions

- What did God say to you through His Word during our Sunday gathering?
- Have you ever started a trip and immediately experienced trouble? Did it make you second guess starting the journey?
- Psalm 121 creates an important tension around trouble and help. What is the danger in believing that the Lords' protection means never having troubles?
- How might being "kept" by the Lord be different than never experiencing difficulty and trials?
- How does knowing our God never slumbers give you hope and endurance? How does knowing God never sleeps allow you to sleep?
- What are some ways you have experience God as your keeper?
- The psalmist is pointing to "the Lord" for all help and security. How can we discern when we are seeking help from other things than where our best help comes from?
- What kind of confidence might you walk in and what things might you do if you believed that your life was kept and secure in Christ?
- How can your Life Group support and encourage you this week?

Additional Scriptures to read; John 10:27-30. Matthew 6:25-34. Psalm 23.