

Psalm 121

- 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.

God Our Help

There are times in life when we don't know what to do or where to run for help. When life gets hard, many will run to whatever brings them the most comfort in their circumstances. Where should our help come from?

1. Read through Psalm 121:1-8 and mark every reference to the **LORD** (*he, who*).

Reflect: What do you learn about the Lord and what He does?

2. Read through the verses again and underline references to **keeping** (*keep, keeps, & keeper*).

Reflect: Who and what does the Lord keep according to this Psalm?

3. Read verse 8 and circle any references to **time**.

Reflect: How long will the Lord keep you?

So who keeps you, and is always present in times of trouble? How does this knowledge encourage you to trust Him in times when you are in need of help?