

## **Lift Up Your Eyes — The Lord Your Keeper**

This lesson explores Psalms 121, a song of confident trust in the Lord's protection. The psalmist begins by lifting his eyes toward the hills, not to find help in creation but to remind himself that his help comes from the Creator Himself. The passage presents God as the One who watches over His people continually, without interruption, and preserves them in every season of life. This lesson highlights the believer's security in God's providence and invites trust in His faithful care.

### **Introduction:**

1. Psalms 121 begins with an honest question: "From whence cometh my help?" showing that even the faithful experience moments of uncertainty and need (**Psalms 121:1**). The introduction highlights that Scripture allows believers to express their fears while pointing them back to God as the sure source of help.
2. The psalm immediately answers its own question by affirming that help comes from the Lord, the Maker of heaven and earth (**Psalms 121:2**). This declaration sets the tone for the entire psalm, grounding the believer's confidence in God's unlimited power.
3. The psalmist develops this confidence by describing God as the One who keeps, guards, and preserves His people continually (**Psalms 121:3–8**). The introduction therefore prepares the way to explore how God's protection is both personal and constant.

### **1. Our Help Comes From The Lord (Psalms 121:1–2):**

- a. The psalmist lifts his eyes toward the hills, perhaps symbolising places of danger or places associated with God's presence, yet he recognises that true help does not come from the hills themselves but from the Lord (**Psalms 121:1**). This teaches believers to look beyond visible circumstances to the God who rules over them.
- b. The declaration that God is the Maker of heaven and earth reinforces His power to help (**Psalms 121:2**). If He created all things, then nothing is beyond His control. This truth encourages believers to trust God fully, knowing that His strength is sufficient for every need.
- c. By beginning with a question and answering it with faith, the psalm models how believers should respond to their own uncertainties (**Psalms 121:1–2**). When doubts arise, the believer should affirm God's character and rely on His promises.

### **2. Our Keeper Never Sleeps (Psalms 121:3–4):**

- a. God keeps His people from slipping, indicating that He upholds them and prevents them from falling spiritually (**Psalms 121:3**). His protection is active and sustaining, offering stability in times of weakness or difficulty.
- b. The assurance that God does not slumber or sleep emphasises His constant vigilance (**Psalms 121:4**). Unlike human guardians who grow weary or inattentive, God's watchfulness is unending. Believers may rest because God does not.
- c. The phrase "He that keepeth Israel" expands the promise from the individual to the entire community of God's people (**Psalms 121:4**). This teaches that God's care is both personal and shared, reassuring believers that they are part of a people preserved by God's faithfulness.

### **3. The Lord Preserves Us In All Our Ways (Psalms 121:5–8):**

- a. The psalm describes God as a shade upon the believer's right hand, suggesting protection, comfort, and nearness (**Psalms 121:5**). God is not distant; He stands close, shielding His people from harmful influences.
- b. The promise that the sun shall not smite by day nor the moon by night symbolises God's protection in all circumstances, whether visible or unseen, physical or spiritual (**Psalms 121:6**). This imagery reassures believers that God's care covers every moment.
- c. The psalm concludes by declaring that the Lord preserves the believer's going out and coming in from this time forth and even forevermore (**Psalms 121:7–8**). This sweeping promise includes every step of life's journey, assuring believers of God's continual guidance and protection.

**Conclusion:**

1. The psalm answers the question of help by directing believers to the Lord, the Maker of heaven and earth, whose strength is sufficient for every need (**Psalms 121:1–2**). This encourages Christians to look to God rather than relying solely on human resources.
2. Believers may rest securely because God never sleeps, never grows weary, and never ceases to watch over His people (**Psalms 121:3–4**). This truth provides comfort in times of fear, uncertainty, or exhaustion.
3. God’s promise to preserve His people in all their ways offers assurance for every season of life, reminding believers that His care extends into eternity (**Psalms 121:5–8**). This invites wholehearted trust in His faithful keeping.

**Applications:**

1. Believers should lift their eyes to God in times of difficulty, remembering that He alone is the true source of help and strength (**Psalms 121:1–2**). Turning to Him first strengthens faith and brings peace.
2. Christians should rest in the security of God’s constant watchfulness, knowing that He never slumbers nor overlooks their needs (**Psalms 121:3–4**). This truth encourages believers to cast their anxieties upon Him.
3. Since God preserves His people in all their ways, believers should walk confidently, trusting His guidance and protection in every circumstance (**Psalms 121:5–8**). This confidence leads to faithful living and courageous obedience.
4. The sweeping promise of God’s eternal care should inspire believers to remain steadfast, knowing that God’s preservation extends beyond this life and into eternity (**Psalms 121:8**).

**Questions:**

1. How does the psalmist answer his own question about the source of help (**Psalms 121:1–2**)?
2. What does it mean that God will not suffer the believer’s foot to be moved (**Psalms 121:3**)?
3. Why is God’s constant vigilance important for the believer’s confidence (**Psalms 121:4**)?
4. What does the imagery of the sun and moon signify in the psalm (**Psalms 121:6**)?
5. How does the promise that the Lord preserves going out and coming in assure the believer (**Psalms 121:8**)?

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# LIFT UP YOUR EYES • THE LORD YOUR KEEPER

PSALMS 121

*“My help cometh from the **LORD**, which made heaven and earth.” – PSALMS 121:2*

<p>1. <b>1. OUR HELP COMES FROM THE LORD</b> (PSALMS 121:1-2)</p> <p>Our Help Comes From the Maker of Heaven and Earth</p> <p>Lift Your Eyes and Look to God</p> <p>He is Our Creator and Sustainer</p>	<p>2. <b>OUR KEEPER NEVER SLEEPS</b> (PSALMS 121:3-4)</p> <p>He Watches Over Us Always</p> <p>He Never Slumbers or Sleeps</p> <p>He Keeps Israel Forever</p>	<p>3. <b>THE LORD PRESERVES US</b> (PSALMS 121:5-8)</p> <p>Protection Day and Night</p> <p>Safe in All Our Journeys</p> <p>Now and Forevermore</p>
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**Questions & Answers:**

1. How does the psalmist answer his own question about the source of help (**Psalms 121:1–2**)?

Answer: The question concerns the source of confidence, and the answer is that the psalmist affirms that his help comes from the Lord, the Maker of heaven and earth, whose power is unlimited (**Psalms 121:2**).

2. What does it mean that God will not suffer the believer's foot to be moved (**Psalms 121:3**)?

Answer: The question focuses on stability, and the answer is that God upholds His people and prevents them from falling spiritually, providing the strength needed to stand (**Psalms 121:3**).

3. Why is God's constant vigilance important for the believer's confidence (**Psalms 121:4**)?

Answer: The question highlights God's watchfulness, and the answer is that since God neither slumbers nor sleeps, believers may rest in the assurance that He always sees and protects (**Psalms 121:4**).

4. What does the imagery of the sun and moon signify in the psalm (**Psalms 121:6**)?

Answer: The question concerns symbolic protection, and the answer is that the sun and moon represent all conditions of life, showing that God protects His people in every circumstance (**Psalms 121:6**).

5. How does the promise that the Lord preserves going out and coming in assure the believer (**Psalms 121:8**)?

Answer: The question highlights God's continual care, and the answer is that God watches over every step of the believer's journey, from now and forever, providing guidance and protection (**Psalms 121:8**).