

Taking Refuge in God: God is the Keeper Psalm 121

Sunday, November 22, 2020

Two key phrases in Psalm 121 are "the Lord" and "watch over" each is used **five** times in Psalm 121.

The Bible is relevant and reliable - it is truth.

"Those who trust in the LORD are like Mt. Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the LORD surrounds His people from this time forth and forever." Psalm 125:1-2

The Psalmist is wondering where he can **find** help.

The first thing he does is He looks around.

He says, *"I will lift up my eyes to the hills."*

Then He asks himself the question *"Where does my help come from?"*

Secondly, He looks within himself.

Thirdly in verse 2 we find that the psalmist looks above.

"My help comes from the LORD, the maker of heaven and earth."

What a lesson to learn in our travels of life *"My help comes from the LORD."*

The phrase *"Who made heaven and earth"* is found at least **29** times in the Bible.

We are not only looking up to someone who cares, but the One who is able – who can – **With God all things are possible.**

The Lord God is not only the creator of all things He is the sustainer of all things.

"By Him all things were created."

Colossians 1:16

"That in Him all things hold together."

Colossians 1:17

*"Fear not, for **I am** with you; be not dismayed, for **I am** your God; **I will** strengthen you, **I will** help you, **I will** uphold you with **My** righteous right hand."*

Isaiah 41:10

"Turn all your anxiety over to God because He cares for you."

1 Peter 5:7

*"Cast all your cares on the LORD and **He will** sustain you."*

Psalm 55:22

"He will not let your foot slip – He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep."

Verses 3-4

Here in these verses we find what the Lord God of heaven and earth will do for you and me.

The promise is He will watch over us during the night.

*"The Lord watches over you (**is your keeper**) the Lord is your shade on your right hand. The sun will not strike you by day, nor the moon by night."*

Verses 5-6

The promise is God is keeping watch over us by day.

The word shade here means in the LORD God we can find relief – when the heat of life is on.

"The LORD will keep you from all harm; He will watch over your life; the LORD will watch over your coming and going."

Verses 7-8

These last two verses hold four truths for us God's children:

First – The LORD preserves us from all harm – from the evil one.

Second – The LORD preserves our existence.

Third – The LORD preserves us every day.

Fourth – the LORD preserves us eternally – forever.

"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

Romans 8:38-39