



## Help Is Always by Your Side!

Lesson 4 • Psalm 121

### Where Are We On Our Journey to Joy?

The first Psalm of Ascents—*Psalm 120*—had us **STUCK IN** Meshech and Kedar surrounded by hostile people in a world filled with distressing trouble!

The second Psalm of Ascents—*Psalm 121*—has us **ON THE MOVE** as we begin our journey to joy surrounded by dangerous mountains, difficult terrain, the searing heat of the burning sun, and the fierce cold of moonlit nights.

*Does he look up to the mountains as a **PLACE** where help comes from or the **REASON** why needs help in the first place?*

*“I look up to the mountains—does my help come from there?” Psalms 121:1 NLT*

### ► The Mountains that Rise Above and Before Us Bring to Mind...

- 1) **THREATS** to our personal safety.
- 2) **TEMPTATIONS** to the false security of idolatry.

### ► Two Truths About “HELP” on Our Journey to Joy

- 1) We cannot **HELP OURSELVES** on this journey to joy.
- 2) We cannot avoid **SPIRITUAL WARFARE** on our journey to joy.  
*2Chronicles 14:11; 25:8; Psalm 79:9; Isaiah 41:10-16*

### ► Who You Gonna Call When You Need Help on Your Journey to Joy (and You Will Need Help)?

**Verse 1** is the *inner struggle* of the sojourner: *He sees the threat and is tempted to rely on worldly sources of help out fear, anxiety, weariness, and even laziness!*

*“I will lift up my eyes to the mountains; From where shall my help come?” Psalms 121:1*

**Verse 2** is the *settled conviction* that *publicly confesses* where the true believer’s help ultimately comes from!

*“My help comes from the LORD, Who made heaven and earth.” Psalms 121:2*

**Verses 3-8** is the *encouragement from fellow travelers* and *the blessing from God’s priestly mediator* to never forget...

### Help Is Always By Your Side

*The LORD Is Always Your Very Present Help in Time of Need!*

### Three Reasons Why Help Is Always By Our Side

1. The LORD is always **ABLE** to be a very present help in time of need.

➤ He is our promise-keeping **REDEEMER**. (v. 2)

➤ He is our all-powerful **CREATOR**. (v. 2)

## 2. The LORD is always **READY (AVAILABLE)** to be a very present help in time of need.

➤ He who keeps us never **SLEEPS** (so we will never slip). (vv. 3-4)

➤ He who keeps us will never let us **SLIP**. (v. 3)

What does it mean to “He will not allow your foot to slip”?

➤ He who keeps us is always by our **SIDE**. (vv. 5-6)

What does it mean to “He is your shade on your right hand”?

## 3. The LORD is always **WILLING (ACTIVE)** to be a very present help in time of need.

➤ He will **actively protect** us from **ALL EVIL**. (v. 7)

What does it mean “He will protect you from all evil”?

➤ He will **actively secure OUR LIVES**. (v. 7)

➤ He will **actively guard** all our **DAILY ACTIVITIES** right now and forever. (v. 8)

### So Who You Gonna Call When You Need Help?

*God is our refuge and strength, A very present help in trouble.*

*Therefore we will not fear, though the earth should change*

*And though the mountains slip into the heart of the sea;*

*Though its waters roar and foam, Though the mountains quake at its swelling pride. Selah. Psalms 46:1-3*

### Application for Going Further Up, Further In

- Right now what mountains are standing in your way on your journey to joy? What temptations are you facing that threaten to rob you of your joy in the LORD or might even tempt you to take detour and seek help from the false hope of false gods (other people, sinful pleasures, worldly philosophies, your own will power)? Now read Psalm 121:1-2 and confess out loud in prayer who is the real source of your help!
- Who do you go to for help on your journey to joy? Who are your travel partners on this journey? Do they speak into your life the truth and wisdom of Psalm 121:3-8? Make it a habit to be consistent in hearing from your pastors who teach and preach the word of God on a weekly basis. Consider joining a GrowGroup in the fall in order to be encouraged in times of trouble.
- Share with at least one other person in our class **WHO** you're gonna call when you need help and **WHY**? Consider memorizing this entire psalm or just verses 1-2 or Psalm 46:1-3.
- Take a “nature walk” and mediate on how “the Maker” of ALL that you see is your Helper, Keeper, and Protector!