Help – Psalm 121

This Psalm can be broken down into four roles of God for the Psalmist. Verse 1 and 2 God is Helper, verses 3 and 4 God is Keeper, verses 5 and 6 God is Protector, and verses 7 and 8 God is Preserver.

1. Helper vs 1,2
   1. Jerusalem has seven hills or seven mountains as six have mount in front of them, and one is called a hill. Mount Scopus, Mount Olivet (Mount of Olives), Mount of Corruption, Mount Ophel, Mount Zion, New Mount Zion and Antonia Hill.
   2. The Psalmist looks to the Mountains (hills). He is not looking for human help but from the only one who can help in dire circumstances.
   3. People will seek human wisdom before Godly wisdom. We have all done this.
   4. Our God is bigger, He made everything we can see touch and feel and even things we have yet to see, touch or feel. He is Alpha and Omega
2. Keeper vs 3,4
   1. There are times in our walk where we feel like we are barely crawling, and at ever opportunity we fail. God will always be there to stop us from slipping. He will always keep us.
   2. Unlike human armies who tire and need rest. God does not sleep or slumber. He does not need rest. On the seventh day God rested for our benefit. Mark 2:27 “Then He told them, "The Sabbath was made for man and not man for the Sabbath.”
3. Protector vs 5-6
   1. Right side is always seen as the strong side. God protects even our strongest side for Satan. I Corinthians 1:25 “because God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.”
   2. The sun striking us means that He will offer us shade in times of intense pressure or “heat”. Christ will always protect His flock like a good shepherd. In John 10, Jesus calls Himself the good shepherd several times, and like a good shepherd He laid down His life for His sheep.
   3. The moon is darkness. In times before flashlights were invented it was treacherous to travel at night, but because God is always on watch for us, He will protect us in those perilous times.
4. Preserver vs 7,8
   1. As mentioned before about human armies, eventually they will retire and return from fighting. BUT GOD, will continue this forevermore.
   2. He will protect us from evil. He will always make a way for His children. Yes, we will be persecuted, yes some may give their life for Christ, but in the end His love will endure with us. Christ’s blood was enough for eternity.