

# Today's Message



Title:

Lift up  
your eyes  
to  
the mountains

Psalm  
121





Have you ever had hard time?





**HEARD YOU WERE LEAVING,**

**NOOOOOOOOO!**

memegenerator.net



- Your beloved one suddenly is going to leave you?





- Failed to pass exam.
- Were picked-on by bad guys
- Heart was Broken
- Had accident
- Lost best friends
- Had fears
- Were persecuted for faith



Indeed, we all are now  
in hard time.

Our life has been  
threatened by pandemic  
since the outbreak of  
coronavirus in Wuhan,  
China in 2019.



What would you do in trouble?



Today let us read Psalm 121  
to see how David did  
when he was in hard time.



# Psalm 121

1. I will lift up my eyes



# to the mountains.



Why to the mountains  
when you have troubles?

Because you need help



# Where does my help



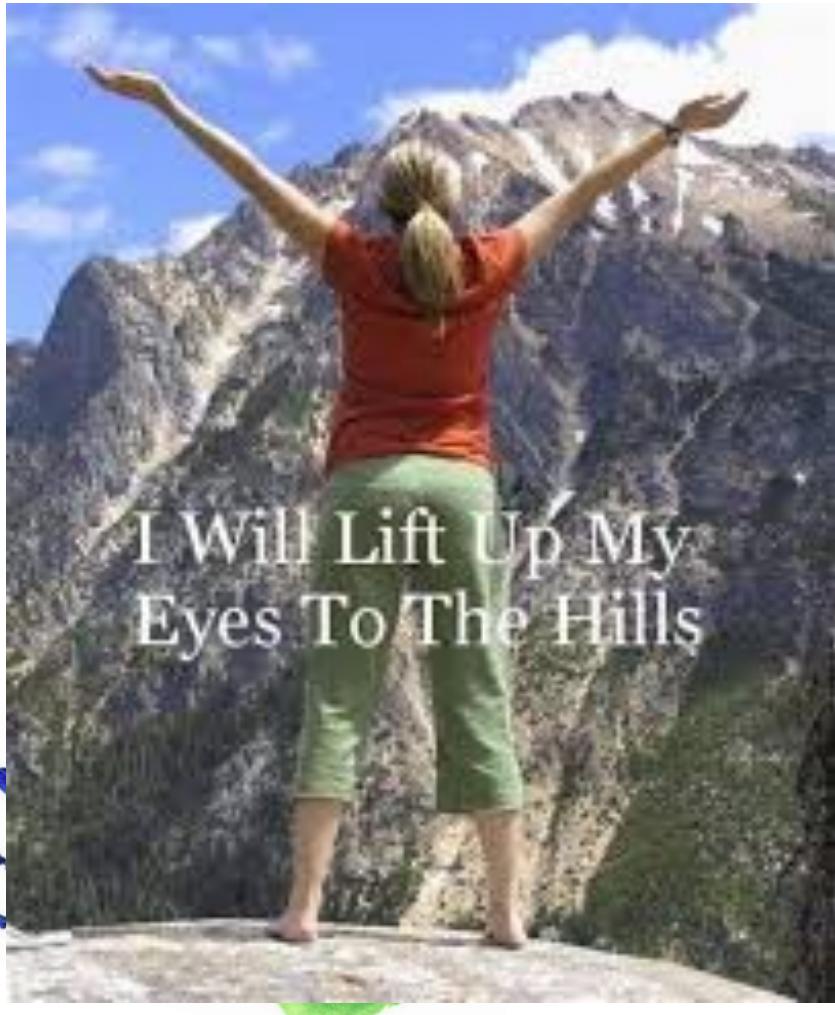
ns pulse

HELP!

*Beyond the Classroom*



# come from?



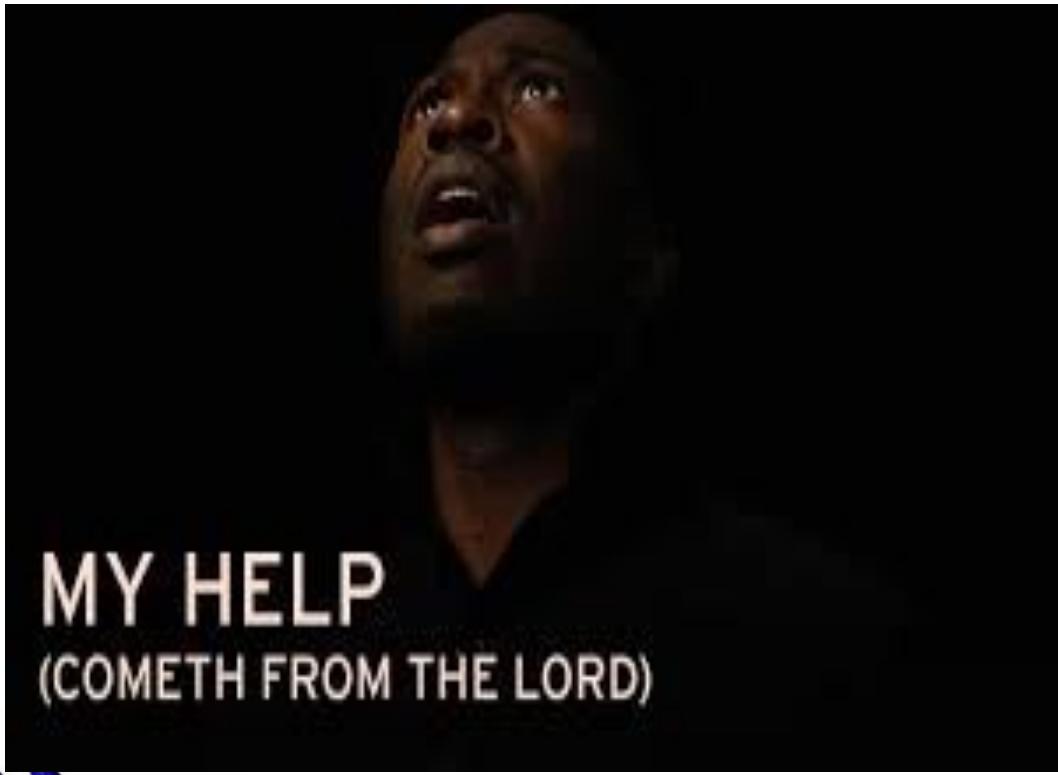
Some might say: Ask  
Mom/dad/grandma/grandpa,  
Brothers/sisters/friends,  
Teachers/Pastors,

...

But what about when you are alone?

Who can help?

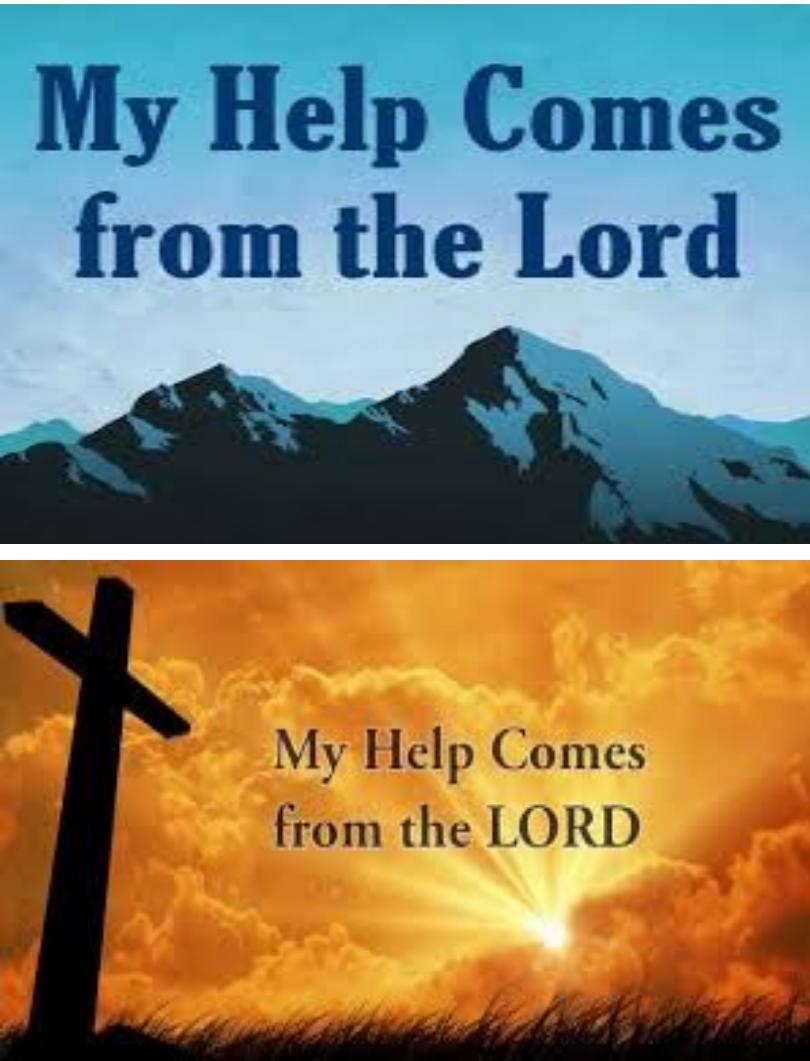
## 2. My help



MY HELP  
(COMETH FROM THE LORD)



# **comes from the LORD.**



Who is the Lord?

The Lord is Jesus Christ.



who made heaven and earth.



- If you could lift up your eyes to the mountains when you were alone in difficulties, you would get the help from the LORD too.
- Let us see how the LORD will help you.



3. He will not allow your foot



*He will not let your foot slip--*

he who watches over you will not slumber.

Psalm 121:3

# slip.

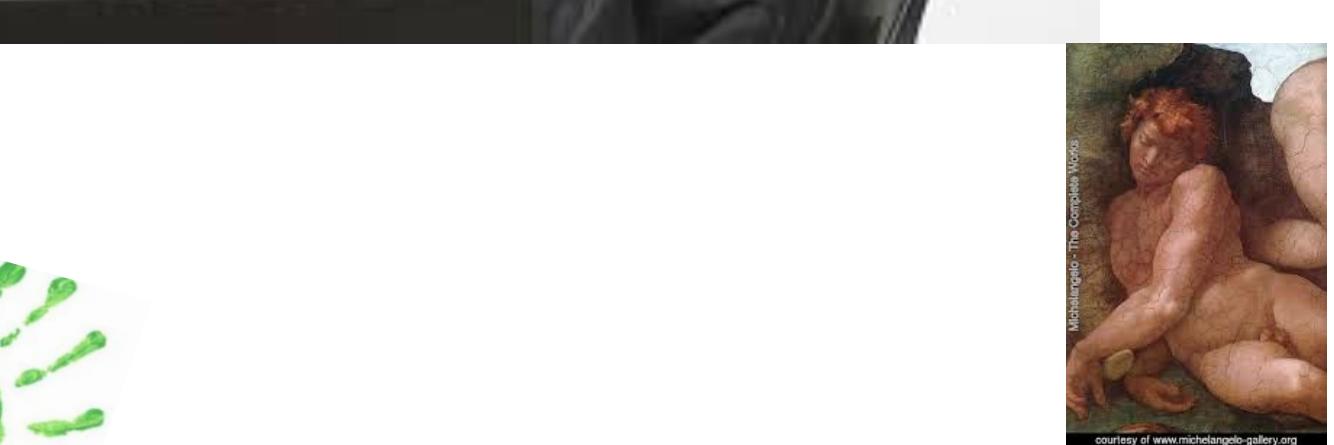


# He who keeps you



The LORD

# will not slumber



# 4. Indeed, he who keeps Israel



The LORD



**will neither slumber nor  
sleep.**



# 5. The LORD is your keeper.



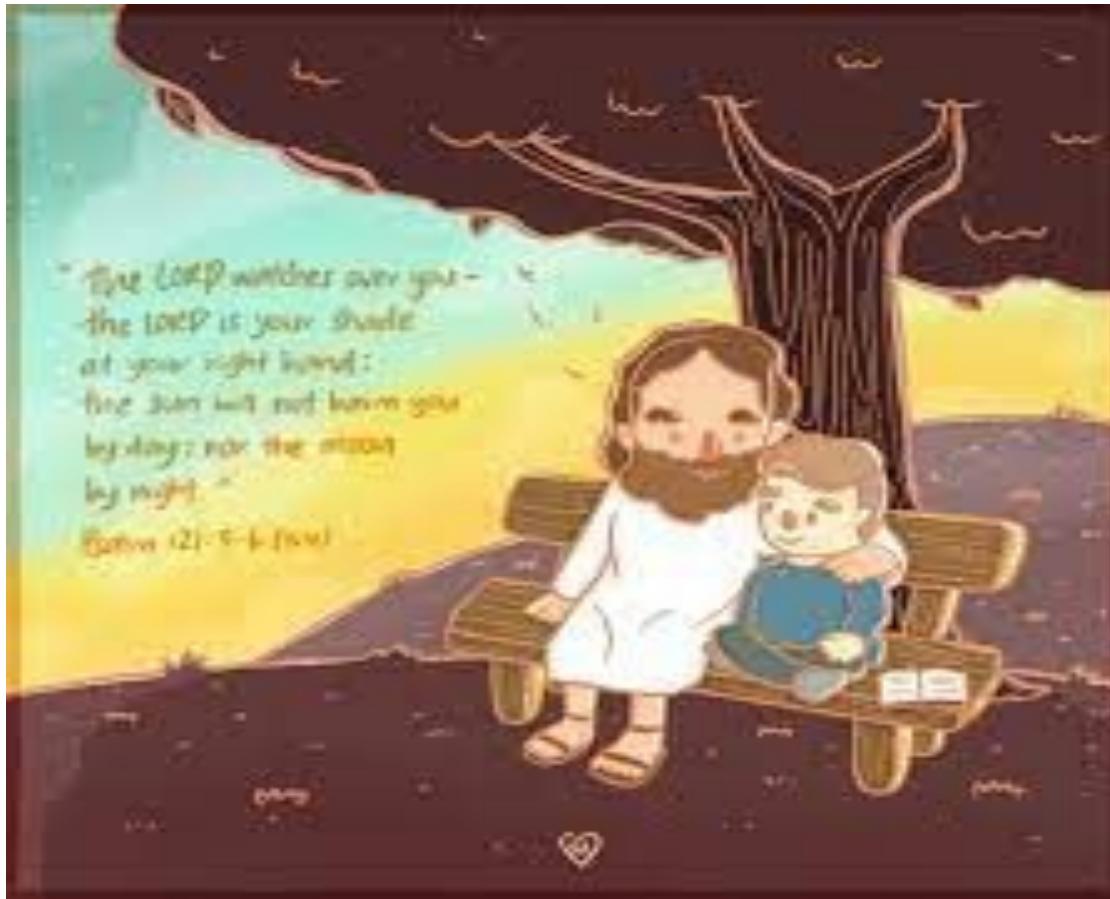
# The LORD is your shade



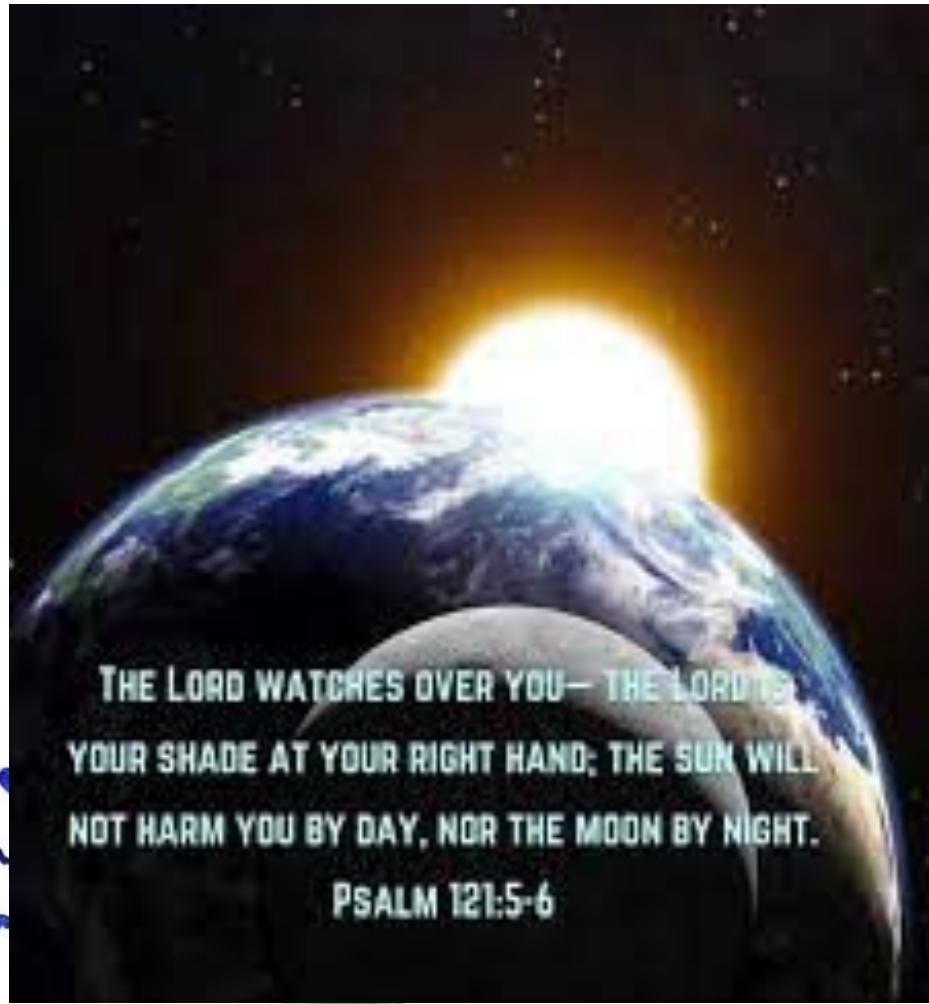
The  
shade  
is  
cool  
in Summer



# on your right hand.



# 6. The sun will not harm you



because you are  
in the shade on  
his right hand



# by day.



nor the moon by night.



# 7. The LORD will keep you



The LORD will protect you.

God sent Jesus to protect us.



# from all evil



# He will keep your soul.



- Jesus
- can
- protect
- your
- soul



8. The LORD will keep



# your going out and your coming in,



The LORD will keep your going out and your coming in  
from this time forth and forevermore.—Psalm 121:8

# from now and forevermore.





Our LORD is good.



# Let's think what we can learn from Psalm 121.

When you have hard time, what would you do?

Lift up your eyes to the mountains.

why?

To look for the help.

Where does the help come from?

The help comes from the LORD.



# Takeaways

(When you are in trouble)



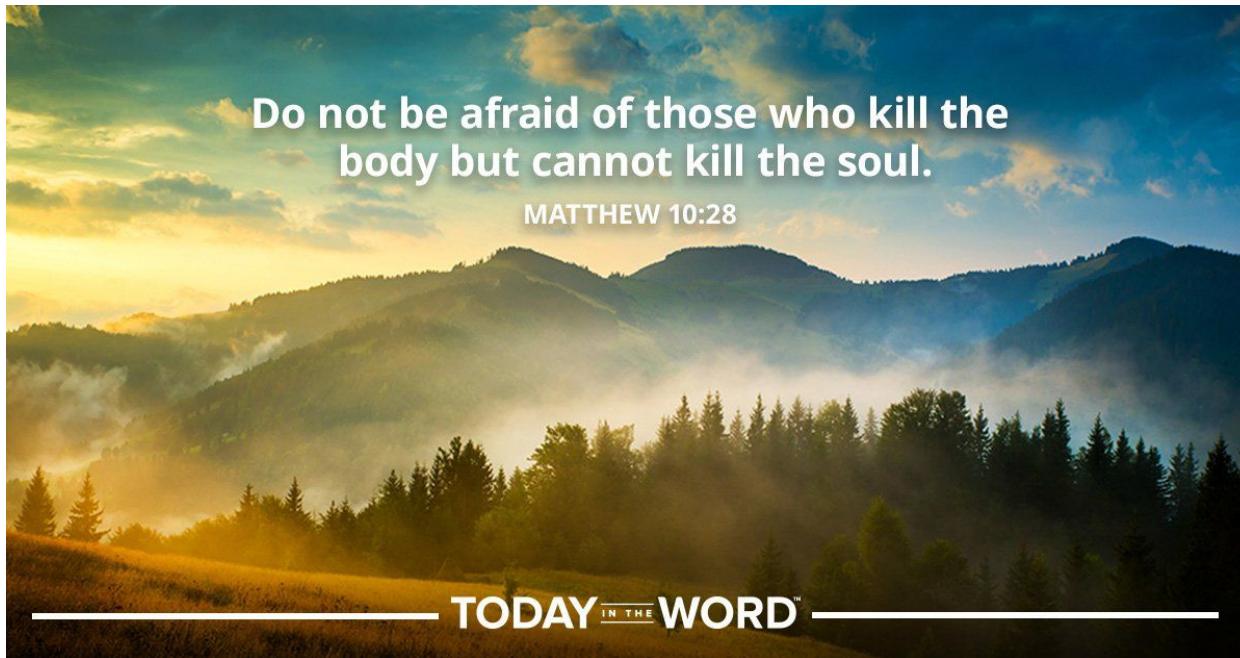
Lift up your eyes to the mountains.  
Your help comes from the LORD.

Don't be panic.  
Don't be intimidated.  
Don't lose your hope.  
Don't keep sad or blue.  
Don't stay in the dark, watching tv or playing video games endlessly.



# Jesus Said:

(Mat 10:28)



# Jesus Said:

(Mat 10:29)



[www.beautifullydesigned.com](http://www.beautifullydesigned.com)

"Are not two *sparrows* sold for a penny? And not one of them will fall to the ground apart from your *Father*.

But even the hairs of your head are all numbered. *Fear not*, therefore; you are of more value than many sparrows."

Matthew 10:29-31



*Beautifully Designed*  
Ashley Shepherd



# Jesus Said:

(Mat 10:30)

A young girl with long blonde hair is shown from the waist up, wearing a white sleeveless dress with a pink belt. She is holding a large, round, yellow-orange hairbrush and is in the process of brushing her hair. Her hair is flowing back as she brushes it. The background is plain white.

*The very hairs  
of your head  
are all numbered!*

Matt 10:30

[www.michaeljeshurun.wordpress.com](http://www.michaeljeshurun.wordpress.com)



# Jesus Said:

(Mat 10:31)

So don't be afraid; you are  
worth more than many  
sparrows.

Matthew 10:31



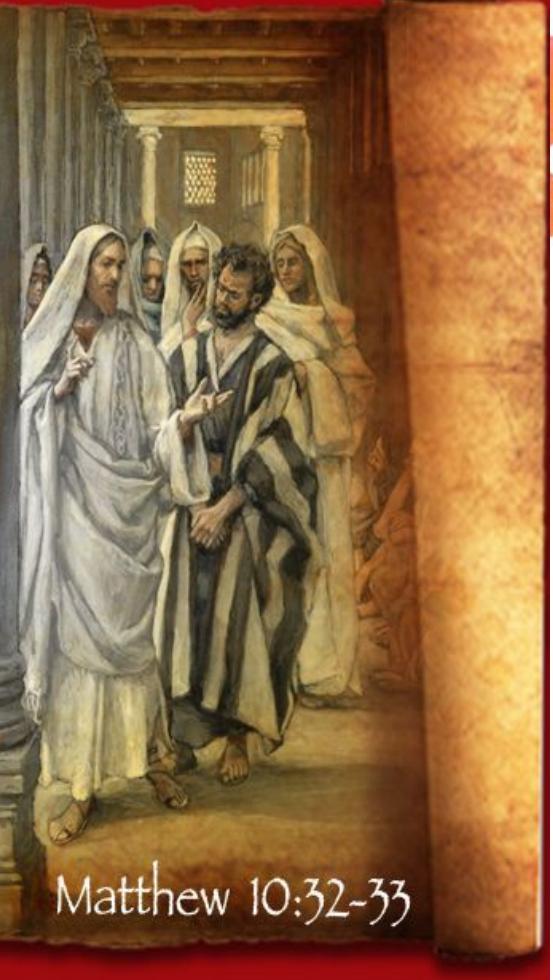
# Jesus Said:

(Mat 10:32-33)



JESUS said:

So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven,  
**but whoever denies me before men, I also will deny before my Father who is in heaven.**



Matthew 10:32-33

# Jesus Said:

(Mak5:36 NIV)

Don't be afraid; just believe (in me).



# Summary



for God gave us a spirit not of fear  
but of power and love and self-control.

(2Timothy 1:7 ESV)



# Psalm 121 (NHEB version)

1. I will lift up my **eyes** to the **mountains**. Where does my help come from?
2. My help comes from the **LORD**, who made heaven and earth.
3. He will not allow your **foot** slip. He who keeps you will not slumber.
4. Indeed, he who keeps Israel will neither **slumber** nor **sleep**.



## Psalm 121 (NHEB version)

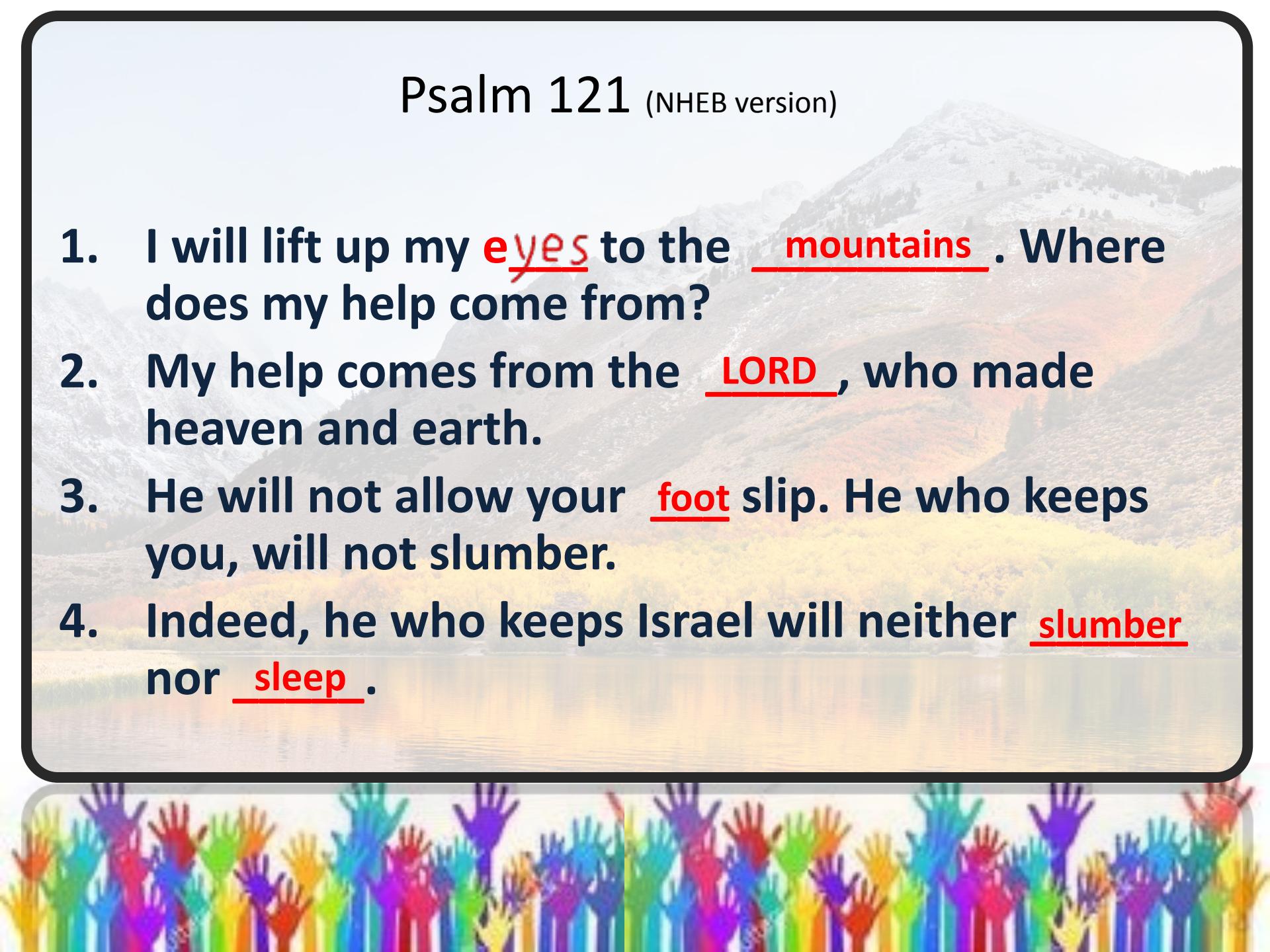
5. The LORD is your **keeper**. The LORD is your **shade** on your right hand.
6. The sun will not **harm** you by day, nor the moon by night.
7. The LORD will keep you from all **evil**. He will keep your **soul**.
8. The LORD will keep your **going** out and your **coming** in, from this time forth, and forevermore.



# Verse Recap



# Psalm 121 (NHEB version)

- 
- A scenic landscape featuring a large, rugged mountain peak in the background, its slopes covered with patches of snow and green vegetation. In the foreground, there's a calm body of water, possibly a lake or a wide river, reflecting the surrounding colors. The overall atmosphere is serene and inspiring.
1. I will lift up my eyes to the mountains. Where does my help come from?
  2. My help comes from the LORD, who made heaven and earth.
  3. He will not allow your foot slip. He who keeps you, will not slumber.
  4. Indeed, he who keeps Israel will neither slumber nor sleep.



## Psalm 121 (continued)

5. The LORD is your keeper. The LORD is your shade on your right hand.
6. The sun will not harm you by day, nor the moon by night.
7. The LORD will keep you from all evil. He will keep your soul.
8. The LORD will keep your going out and your coming in, from this time forth, and forevermore.



Lift up your eyes  
to



The Mountain



# Let us pray



Dear Heavenly Father,

I praise you.

You are the mountain.

You are my shade on my right hand,  
You are my helper and keeper.



Thank you for sending your only Son Jesus  
to die for us to take over my sins.

May your name be praised and exalted.

Please help me today to follow you to feel  
confidence, happy and love.

In Jesus' name we pray, AMEN.

