

Sermon Title: My Help Comes from the LORD

Text: Psalm 121:1-8

#### For Further Reflection

1. When life is difficult, to what or to whom do you turn for comfort?
2. What do the following verses have to say about seeking help from “habitual salvation strategies” (i.e., idols)?
  - Isaiah 30:15
  - Jonah 2:8
3. How have you experienced God’s protection in the past?
4. Pray through Psalm 121 to express your trust in God to watch over you now and in the future.
5. Worship God while listening to these songs based on Psalm 121:

“My Help” - Brooklyn Tabernacle Choir: <https://www.youtube.com/watch?v=k47xB8eoT5g>

“I Lift My Eyes Up” - Brian Doerksen: [https://www.youtube.com/watch?v=de3T\\_7nfCb8](https://www.youtube.com/watch?v=de3T_7nfCb8)

“Ascent / I Lift My Eyes” - Loud Harp: <https://www.youtube.com/watch?v=4LTfytZVOpU>

“I Lift My Eyes” - Mack Brock: <https://www.youtube.com/watch?v=ERUwFt-PUdg>

“Psalm 121” - The Psalms Project: <https://www.youtube.com/watch?v=KsYeTCpVwx0>

How does Psalm 121 help us?

- o It calls us to consider in whom or in what we are placing our trust and encourages us to place our trust in the Lord.
- o It reminds us that God is continually watching over his people. He vigilantly protects them from harm.
- o It helps us to comfort ourselves in the Lord and express our trust in Him.

Scriptures Cited in the Sermon:

Isaiah 30:15, Jonah 2:8, 2 Thessalonians 3:3, Jude 1:24, 2 Chronicles 16:9, Hebrews 4:13, Jeremiah 23:24, Psalm 91:1, Psalm 63:7, 1 Kings 18:21-24