

Where Is Help?

Psalm 121

Zeke Flores

Intro: Another “ascents” song, this psalm is an encouraging testament to the help God offers through this journey of life.

- A. The psalm has been called the “traveler’s song” since it seems to describe a journey through the hills surrounding Jerusalem.
- B. The psalm contains phrases that, while pertain to a literal journey by foot, remind us of the more important journey through life and the help we need to make it through safely.

I. My Help Is from The Lord – vv 1-2

- A. One can imagine the traveler looking up at the hills on every side of him and wondering if perhaps there was not danger lurking there.
 - 1. The question arises, “*From where shall my help come?*”
- B. The answer (vs 2) comes quick and sure.
 - 1. While people travel through life, the trouble that everyone meets causes him to look for some way to cope.
 - a. They look for help in relationships, in books and methods, in materialism, in presidents, in religion.
 - 2. The Lord, the One who created all, is the *only* One who can offer real help. He is *El Shaddai*, God Almighty.
- C. If He is to help, we must rely on the things He has made available to help us
 - 1. The armor of God - **Eph 6:10-ff**
 - 2. Strength during trouble - **1 Cor 10:13**
 - 3. No matter what you and I face, there is only one place to turn for help - God Almighty.

II. He Will Keep Me Stable – vv 3-4

- A. The roads in Israel were sometimes steep, twisted, and treacherous.
 - 1. It was easy to twist an ankle, lose your footing, scrape a knee, slip and fall.
- B. As we make our own journey, sometimes it’s too easy to take our eyes off the path and lose our own footing. For this reason, God promises stability.
 - 1. **Prov 3:21-26; Psalm 37:23-31**
 - 2. These passages describe a person secure in his life.
 - a. Not that troubles don’t come, but he’s able to avoid some and cope with the ones that appear.
- C. Our world & particularly our own society is sorely in need of moral stability.
 - 1. Our leaders have largely lost their way and so the country has followed their loose morals.
 - 2. While we see the world around us tumble downwards in a moral morass, let us be a beacon of stability and constancy.
 - a. **2 Pet 1:10-11**

III. He Will Protect Me – vv 5-8

- A. This does NOT promise an absence of turmoil and trouble in life.
 - 1. But it IS a promise of help when you need it , and help of a sort that will carry you through whatever threatens you.
- B. God can protect because he's in control.
 - 1. Not that he'll make the adversity magically disappear, but even when things threaten to overturn our faith, there is opportunity to grow and even glorify God.
 - a. **Rom 8:26-31**
- C. He has promised to safely keep that which we entrust to Him
 - 1. **2 Tim 1:12; John 10:27-29; Jude :24-25**
 - 2. The question is not whether God will deliver on his promises; the question is will I live up to my end of the covenant?
 - a. **Jude: 20-21**

Conc: *With a steadfast heart and determined resolve, we can know that God will be the help we need.*

- A. If we won't depend on Him, where else can we turn?
- B. INV