



Title | Navigating Hills
Series | SONGS FOR THE ANXIOUS HEART
Text | Psalm 121
By | Bob Kerrey
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Sermon Notes

Psalm 121 A SONG OF ASCENTS.

1 I lift up my eyes to the hills.
From where does my help
come? 2 My help comes from
the LORD, who made heaven
and earth. 3 He will not let your
foot be moved; he who keeps
you will not slumber. 4 Behold,
he who keeps Israel will neither
slumber nor sleep. 5 The LORD
is your keeper; the LORD is your
shade on your right hand. 6 The
sun shall not strike you by day,
nor the moon by night. 7 The
LORD will keep you from all evil;
he will keep your life. 8 The
LORD will keep your going out
and your coming in from this
time forth and forevermore.

ESV

Big Idea:

Text questions during the sermon: 623-850-8809

Psalm 121:8

The LORD will keep your going out
and your coming in from this time
forth and forevermore.

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For Reflection & Application:

Monday:

Read Psalm 121. The theme of this psalm is reflected by the repetition of a single word. It's repeated six times. What is the word, and what is the theme?

Tuesday:

Reread Psalm 121. List all the things the Lord does to protect his people. How do you reconcile this with the hardship and suffering God's people experience?

Wednesday:

Reread Psalm 121. From what do you think God protects his people? Read 2 Corinthians 11:24-28, where Paul describes his experience as a believer. History tells us that Paul was eventually beheaded. So, did God really protect Paul?

Thursday:

Read John 17:11-12, where Jesus prays for his disciples. What does Jesus pray for? How does this relate to the theme of Psalm 121? Most of the original disciples for whom Jesus prayed were violently martyred for their faith. So, did Jesus's prayer work?

Friday:

Read Romans 8:31-39. How does this relate to Psalm 121? If the Lord is our keeper, what difference does that make in your life today?

Daily Prayer:

Lord, I am prone to look to the hills instead of you for my help and my security. Thank you, Lord, for being my keeper. My every move and my every moment come under your loving protection, from this time forth and forevermore. Calm my heart and assuage my fears with this truth. Amen.