



April 22

Passage: Psalm 121

What to do now? Glad you ask! We're going to stay in the Psalms for the next few days and then next week we'll be back with a whole new book to dive into! Hope you're with hitting these up with us. If so, send us a note or let us know what you like and what you'd like to see changed. Of course, we'll stay in the Word, but is there anything different you'd like to see?

Today, Psalm 121, a very cool, inspiring and encouraging Psalm. A cool thing to know about this Psalm and many that follow is that these are the Psalms of Ascent. Huh? Yeah, me too for a while. These Psalms give us the imagery of the people of God heading to the house of God to worship God Himself.

So what does a song of Ascent look like? Glad you ask.

READ & DIG. Read Psalm 121

How would you describe the mood of the writer?

What kind of occasion would this Psalm be good to recommend to a friend going through something? It doesn't sound like a celebration does it? Or does it?

The Psalm screams that our help is found in one place!

I lift....effort shown. I can't get away from the importance to choose this life.

There's a lot in life we can't choose but on the flip side, there's a lot to this life we can choose.

We can choose where we're looking and where we're seeking help. That's how he continues.

Verse 2 – This place I'm looking, this person I'm looking to, HE WILL KEEP ME.

The Psalmist is saying this...."LOOK AT ALL HE HAS DONE!" This God is faithful.

He keeps Israel....He'll keep me! He makes it personal...**look at v.5 again.**

"THE LORD IS YOUR KEEPER."

Like, whether you know it or not...The Lord is your keeper.

I see you running but guess what.....The Lord is your keeper.

I know you think you're the keeper of your life but guess what? Yeah, The Lord is your keeper.

But what exactly is God keeping us from?

Let's be honest....many people view God as the sort of father who is always saying.....

"Don't do that!" "You can't do that". "NO! Not that!"

His "rules" as we read all in Psalm 119 are often seen as bad.

So let's think about that for a second.

What exactly is God keeping us from and keeping us in?

FROM ALL EVIL – KEEPING YOU IN THIS LIFE – KEEPING YOUR LIFE (v.8)

Apply & GO

It's kind of simple right? Yet another truth we know but often fail to walk in each day.

The Lord is our help, our keeper and our protector. Why would ever want to turn from Him?

Trust in Him today, turn to Him today, Rejoice in Him today! He is our keeper!