

The background is a deep red color with a subtle, textured appearance. In the top right and bottom left corners, there are decorative floral and scrollwork patterns in a slightly darker shade of red. The word "PSALMS" is centered in the middle of the page.

PSALMS

Psalm 121

“Help”

When do you look for Help?

How do you expect Help to come?

“Help”

1. Where From – 1-2

“From where does my help come?”

2. What From – 3-7

“He will not let keep you from all evil”

3. When From – 6-8

“from this time forth and forevermore”

“Help”

1. Where From – 1-2

“From where does my help come?”

Questions on the Journey

Wrong Answers: the Past, Looking Away, Other Offers

Resting in the Answer

“The only serious mistake we can make when illness comes, when anxiety threatens, when conflict disturbs our relationships with others is to conclude that God has gotten bored looking after us and has shifted his attention to a more exciting Christian, or that God has become disgusted with our meandering obedience and decided to let us fend for ourselves for a while, or that God has gotten too busy fulfilling prophecy in the Middle East to take time now to sort out the complicated mess we have gotten ourselves into.

... That is the only serious mistake we can make. It is the mistake that Psalm 121 prevents: the mistake of supposing that God's interest in us waxes and wanes in response to our spiritual temperature.."

- Eugene Peterson

“Help”

2. What From – 3-7

*“He will not let ...
evil”*

The LORD will you keep you from all

Missteps and Misunderstandings

Accidents Included and Always On

Resting in the Answer

“In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. Although he was a son, he learned obedience through what he suffered. And being made perfect, he became the source of eternal salvation to all who obey him.”

- Hebrews 5:7-9

“What is God's help? It is spiritual refreshment ("shade," verse 5) through his presence. It is God's enabling us to avoid foot slipping or sin.”

- Tim Keller, Songs of Jesus

“And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.”

- Romans 8:28-30

“Help”

3. When From – 6-8

“from this time forth and forevermore”

Time Matters on the Journey

From Now On

Resting in the Answer

“Help”

1. Where From – 1-2

“My Help Comes from the LORD”

2. What From – 3-7

“The LORD will you keep you from all evil”

3. When From – 6-8

“from this time forth and forevermore”

*How does knowing the
Lord's help affect your journey?*