



Psalm 121

Where Does Our Help Come From?



PSALM 121 (NIV)

[1] I lift up my eyes to the mountains—
where does my help come from?

[2] My help comes from the Lord,
the Maker of heaven and earth.





GOD WATCHES OVER US



Shamar

שָׁמַר

Definition: to keep; to watch; to preserve



PSALM 121 (NIV)

[3] He will not let your foot slip—
he who watches over you will not slumber;

[4] indeed, he who watches over Israel
will neither slumber nor sleep.





GOD PROTECTS US



PSALM 121 (NIV)

[5] The Lord watches over you—
the Lord is your shade at your right hand;

[6] the sun will not harm you by day,
nor the moon by night.



DISCUSS / REFLECT

Which of these: our aptitude, experts, safety, or immediate satisfaction, do you turn to help most often and why?

What do you find hardest about turning to God for help?

