

Psalm 121:
"He Keeps Me"

Sun Night
7-24-2022
Dave Delaney

1. Introduction
 - a. Challenges along Christian journey
 - described as a walk
 - described as a race
 - described as a war fight
 - b. Song of ascents
 - journey up to Jerusalem
 - same psalm when Jesus went up to Jerusalem when He was 12 - Luke 2:41-52
 - c. Two teachings
 - trust God to provide my needs
 - everyone needs help
2. My Helper
 - a. the Lord (121:2)
 - b. the Creator of heaven & earth
 - c. the Lord who guards Israel (121:4)
 - d. Lord does not slumber (nap) or sleep
3. Helpless Me
 - a. Life journey compared to climbing steep hills (121:1)
 - You can only look uphill while walking uphill
 - b. Where is my help?
 - c. Look up above to God
4. My Keeper (Guardian) - (121:5)
 - a. Life journey compared to desert
 - shade at my right hand
 - shade in hot summer desert is gold
 - b. Shade in the desert gives you rest
5. My Life Preserver - (121:6-7)
 - a. Lord shall preserve (protect) me
 - b. Lord protects me from all evil
 - c. Lord preserves my soul
 - d. Lord protects me coming & going
6. Lord's Preservation
 - a. Keeps me from stumbling (121:3)
 - God is watching me
 - remember God's faithfulness to Israel in the past (121:4)

b. Lord keeps (protects) me all hours
day & night (121:6)

- sun by day
- moon by night

c. Lord preserves my life (121:7)

- in good & bad (from all evil)
- in this life ("preserve your ~~self~~ soul")
- & forever in future life ("forevermore")

d. Taking the long view

- Joseph with his brothers

* Gen 50:20 his brothers meant evil,

* but God meant everything for good

* God took His time to arrange all
things for Joseph to promote up
in authority

* God used human events & people

- in the past

* God made heaven & earth

* God has preserved people of Israel
for over 4000 years