

# Psalms - Look Higher

Today we're starting a series in the Psalms. The Psalms are a collection of songs from the heart. These songs tend to go back and forth between the struggles of what man is facing and who God is/what He can do.

When you are a follower of Jesus, one of the most important disciplines you need is learning where to look. What is your focus on? What has your attention? Where are you looking?

Today's Psalm is going to direct you to Look Higher!

## **Psalm 121:1-8 (CSB)**

I lift my eyes toward the mountains.  
Where will my help come from?  
2 My help comes from the Lord,  
the Maker of heaven and earth.  
3 He will not allow your foot to slip;  
your Protector will not slumber.  
4 Indeed, the Protector of Israel  
does not slumber or sleep.  
5 The Lord protects you;  
the Lord is a shelter right by your side.  
6 The sun will not strike you by day  
or the moon by night.  
7 The Lord will protect you from all harm;  
he will protect your life.  
8 The Lord will protect your coming and going  
both now and forever.

You know there are times in life when you have to make a choice as to what you believe and then you have to make a choice of how to respond to what you believe.

I was asked the other night in our HS group, what do I look at when I preach. Honestly I don't really intentionally look at any specific people or things. It kind of depends on where people sit. I mostly look at what is in the range that is most natural. What's right before my eyes...

I don't look up or down much, just right here on this natural plane. What's before me?

For me to look somewhere that's unnatural, I have to make a choice to look up. If the lights aren't turned up, I look up toward the back. If my mic isn't on, I look up to the sound booth. I choose to look up. Otherwise I look at what's natural...what's before me.

And in our spiritual life, we tend to do the same thing!

We mostly look at what's natural and what's in front of us more than we do anything else...

**Psalms 121:1 (CSB)**

I lift my eyes toward the mountains.

Where will my help come from?

Lifting your eyes is a choice...I LIFT (some translations say I WILL LIFT).

I lift my eyes to the mountains. I choose to look beyond what is natural and I choose to look beyond what is right in front of me.

It's looking and seeing with anticipation....

You might not see anything there NOW, but you believe that you WILL. If I choose to look beyond what is natural, AND I'm willing to wait...keep looking...I anticipate that I will see something supernatural!

Supernatural literally means being above or beyond what is natural! God is supernatural!

Is there any other way to explain the fact that Jesus left heaven to be born as a baby...to a virgin...and He did what we couldn't do, lived a sinless life for about 33 years (we sometimes can't do 33 minutes). Then He died on a cross to pay for the sin of ALL of mankind. Then He was raised from the dead on the third day. He's in this glorified body that IS a physical body...you can touch it, yet it can walk through walls. And He ascended into heaven, like floated away and is seated in heaven now, waiting to come back to this earth for the church!

Is there any part of that that is natural? NO because the natural will ALWAYS need to be saved by the supernatural. Man will always need Jesus. There is never a time where "I've got this." But there's always a time where "He's got this."

So why don't we choose to look higher, to lift our eyes toward the mountains?

We have a hard time taking our eyes off the natural. It keeps our attention.

I think we have issues looking past something we can see for something we can't. But you know it's there.

The natural can be problems with health, wealth, relationships, etc

It can also be too much of a focus on this natural life - building a kingdom on earth that will not last forever

But as these things start to rise up in our lives, these natural things are natural to look at, focus on, think about, they are right there in front of you!

They can continue to get higher, and higher, until they are about all you see...

**It's up to YOU to choose to look higher! I lift my eyes toward the mountains.**

Have you ever been told to hold your head up high? It means to be confident and proud. If you did your best, just hold your head high. It's about your posture. It's about looking past one thing to another.

When people lose, they put their head down. Defeated people look down.

But victorious people look up!

As a child of God your head should **always** be up...because you are **always** victorious!

When you lift your eyes to the mountains...it's not the mountains you're looking at...it's the God who made them! The God who made YOU!

*"Look around and be distressed.  
Look inside and be depressed.  
Look at Jesus and be at rest."  
~ Corrie Ten Boom*

***Where your help come from?***

WAIT...do we even need help?

Can I tell you one of the biggest differences between the natural and the spiritual?

In the natural we spend 18 years teaching our children how to do natural things on their own and we consider that success. If you can be self dependent, make it on your own, you'll live a good life.

But in the spiritual life...when we try to do it on our own, we will always come up short, we'll never be good enough, smart enough, strong enough. If you do it on your own you will fail.

But if we place our faith in Jesus. If we become dependent on Him. We have life in Him and victory in Him.

We need His help every single day!

Where does my help come from?

**Psalm 121:2 (CSB)**

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

Church, Jesus made heaven and earth. You know there's no one that knows more about something than the one who made it?

He knows every detail, every intention and purpose He had in making it. You know what you see...He knows above and beyond that! Things you may not even be able to imagine!

**Isaiah 45:22 (NKJV)**

"Look to Me, and be saved,  
All you ends of the earth!  
For I am God, and there is no other.

Look past the natural! You have to CHOOSE to look higher! Jesus is above all things.

I know you've heard that...you might even believe it...but you need to understand that His perspective is higher.

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When you look in the natural. These things get in your way. They may be all you can see. You can't see past them. And at times they might get higher and higher.

So you lift your eyes to the maker of the mountains. HELP!

He's already higher...how does this help YOU?

Ephesians 2:6 says that we are seated together in heavenly places with Jesus.  
Spiritually...supernaturally...that's where we are.

So when you LOOK to Jesus. You look past the natural, to the supernatural. You begin to see things as He does. When you look to HIM, your perspective begins to change.

You not only LOOK HIGHER, but you have the perspective of heaven!

See the natural things may not have changed a bit...but as you go up...spiritually, you begin to see beyond those natural things.

you gotta go higher (up on stage, now the X is the same, Jesus is higher)

See things the way He does

His Name is higher...

His way is higher

Choose to bow...but only to Jesus.

Only get low to magnify Him

Lift your eyes to the mountains, look for your helper to change your perspective!

Still can't see...go higher...higher...

**Philippians 2:9-11 (NKJV)**

Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, 11 and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

It's not A name, but THE name...the name of God. The name of the Savior. The name of the One who has the victory. The One who is our help in time of need...

Remember when Paul came into Athens (Acts 17) and he saw this altar which is used for worship and it says on it "TO AN UNKNOWN GOD". They worshiped a god they could not identify. It's not just that they didn't know him personally, they didn't even know his name...

Would you believe me if I told you that everyone believes in "god"? They believe in someone even if it's themselves. Or an unknown god.

We identify our God as Jesus...the name above every other name...

ABOVE - Greek word hyper (hoo-pair) - beyond, more than (exceeding, abundantly above)

Jesus is exceedingly, abundantly above, beyond...

The reason He is able to do exceedingly abundantly above is because He IS exceedingly abundantly above...

It's not just a power He possesses, it is who He is. It's His identity.

Church Jesus is higher...can we look higher? Past the natural to the supernatural God?