



"Where Do You Look for Help?"

Psalm 121
January 11, 2026

The Big Idea: Because **only** God is all-powerful, good, wise, and ever-present He alone is the one we should look to for **help**. This does not diminish your own abilities or those of others, but everything about us is weaker and less reliable than who God is.

The Historical Background

- If you traveled to Jerusalem to go the Temple, you were going to go **upwards**. But it wasn't just a physical ascent, hopefully it was also a **spiritual** one as well.
- Paul speaks in terms of the journey in Philippians 3:14.
- Eugene Peterson called Psalms 120-134 the "dog-eared **hymnbook**" of the pilgrims.
- 3 Festivals were Observed by the Faithful who Traveled to Jerusalem:
 - o Feast of the Passover – "God has **redeemed** us."
 - o Feast of Pentecost – "God has **named** and called us."
 - o Feast of Tabernacles – "God has **preserved** and **provided** for us."
- Egypt ... Sinai ... The Wilderness
They Knew by God's Grace they were ...
Redeemed ... Commanded ... Blessed

Our Beginning Place

- ✓ Because of **Sin**, we are spiritually dead desperately need a Savior. [Romans 3:23]
- ✓ In grace God planted a **longing** for more than "now" and an awareness that this life is not all we'll experience. [Ecclesiastes 3:11]
- ✓ Our best effort will **never** be enough to save ourselves. [Titus 3:5]
- ✓ Our only hope is a God will **help** us. [Psalm 44:26]

121 A Song of Ascents.

¹ I lift up my eyes to the hills
From where does my help come?

² My **help** comes from **the Lord**,
who made heaven and earth.

³ He will not let your **foot be moved**,
he who keeps you **will not slumber**.

⁴ **Behold**, he who keeps Israel
will **neither slumber nor sleep**.

⁵ The Lord is your **keeper**,
the Lord is your **shade** on your right hand.

⁶ The sun shall not strike you by day,
nor the moon by night.

⁷ The Lord will **keep you from all evil**;
he will **keep your life**.

⁸ The Lord **will keep**
your going out and your coming in
from this time forth and forevermore.

TRUTHS FOR THE JOURNEY

- Christians and non-Christians alike suffer the **trials** and **pains** of living in fallen bodies in a fallen world.
- True, significant help will never come from looking at **created** things but only from the **Creator**.
- We all need help in life, but God is especially responsive to those who **admit** their need.
- God will be your **Helper**.
- God will be your **Keeper**.
- God will never **leave** you or fail to be with you. [Philippians 1:6]

²⁴ Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, ²⁵ to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

Jude 24–25 (ESV)