

My Keeper
Psalm 121
The Laurel Center
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Main Idea: The Lord is my Helper and my Keeper.

Introduction

Many people have the image of God not supported in Scripture. They see him as out to get them for their sins, spoiling and punishing them. They think God is out to get them and take sport in chastising them. Others see him as an unwieldy boss who tells them what to do and strikes them down when they don't obey. But the Bible pictures God very differently.

Psalm 121 shows God as our keeper and helper. He is not our helper in that we call on him only when we need a wingman. If we are not getting our own way we tend to call on God and want him to do it for us. God is our helper in the sense that we go to him for all things first. He is our keeper in the sense that he protects us from evil and danger. These short eight verses remind us that God is on our side. He is looking out for us.

Psalm 121:1–4

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.

- I.** The Lord is my Helper (vv. 1 – 4).
 - A He is King of the universe.
 - B He is Protector of his people.

Psalm 121:5–8

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.

- II.** The Lord is my Keeper (vv. 5 – 8).
 - A He guards you from danger.
 - B He guards your entire life.

Conclusion

Psalm 121 shows us that God has our best in his interest. As our helper, he gives us everything that we could ever need before we even know we need it. When we are in trouble God comes to our rescue. He shows us his great kindness and love. We need him all the time and he is always there for us. As our keeper he protects us from evil and guards our life from all of the dangers around us. He is about below on each side in front of and behind us, surrounding us in security and safety. Our good God protects and helps us in all circumstances of life. We can trust that he is always with us and always looking out for us.