

Psalms 121:1-3 (NLT)

[1] I look up to the mountains— does my help come from there? [2] My help comes from the Lord, who made heaven and earth! [3] He will not let you stumble; the one who watches over you will not slumber.

Psalms 121:4-6 (NLT)

[4] Indeed, he who watches over Israel never slumbers or sleeps. [5] The Lord himself watches over you! The Lord stands beside you as your protective shade. [6] The sun will not harm you by day, nor the moon at night.

Psalms 121:7-8 (NLT)

[7] The Lord keeps you from all harm and watches over your life. [8] The Lord keeps watch over you as you come and go, both now and forever.

Who Can I Count On?

Psalm 121:1-8



→ Who Will Help Me Find The Way?

Psalms 119:105 Your word is a lamp to my feet and a light for my path.

Psalms 119:105 (MSG) By your words I can see where I'm going; they throw a beam of light on my dark path.

→ **Who Will Help Me If I'm in Trouble?**

Isaiah 30:15-16 This is what the Sovereign LORD, the Holy One of Israel, says:

"In REPENTANCE and REST is your salvation, in QUIETNESS and TRUST is your strength, but you would have none of it. [16] You said, 'No, we will flee on horses.' Therefore you will flee! You said, 'We will ride off on swift horses.'...

Lessons From: Isaiah 30:15-16

- **REPENTANCE - change of Heart**
- **REST - I will stop Struggling**
- **QUIETNESS - I will Stop Talking**
- **TRUST - Confident Dependence**

→ Who'll Strengthen me on the Journey?

Isaiah 41:10-13 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. [11] "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. ...[13] For I am the LORD, your God, who takes hold of your right hand and says to you, **Do not fear; I will help you.**

How Should we Prepare for Worship?

- **PLAN on Being Here**
- **Ask God to Give you an EXCITEMENT about Worship**
- **Take Your Fears and Concerns to God**
- **EXPECT Hear From God**
- **It is about FOCUS not Feelings**

Turn Your Eyes Upon Jesus

*Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow
strangely dim,
In the light of His glory
and grace.*

**O soul, are you weary and troubled?
No light in the darkness you see?
There's a light for a look at the Savior,
And life more abundant and free!**

***Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow
strangely dim,
In the light of His glory
and grace.***

**His Word shall not fail you - He promised;
Believe Him, and all will be well:
Then go to a world that is dying,
His perfect salvation to tell.**

***Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow
strangely dim,
In the light of His glory
and grace.***