

Who Can I Really TRUST? ~ Psalm 121:1-8

→Scripture Reading Psalm 121:1-8

INTRODUCTION

→Map Travel to Jerusalem

Where Does MY HELP Come FROM? ~ Psalm 121:1-2

¹ I lift up my eyes to the hills - where does my help come from? ² My help comes from the LORD, the Maker of heaven and earth.

God GUIDES, PROTECTS, and STRENGTHENS Me ~ Psalm 121:3-8

³ He will not let your foot slip - He who watches over you will not slumber; ⁴ indeed, He who watches over Israel will neither slumber nor sleep. ⁵ The LORD watches over you - the LORD is your shade at your right hand; ⁶ the sun will not harm you by day, nor the moon by night. ⁷ The LORD will keep you from all harm - He will watch over your life; ⁸ the LORD will watch over your coming and going both now and forevermore.

IMPLICATIONS

→Who will HELP and GUIDE on the WAY?

¹ I lift my eyes toward the mountains. **Where will my help come from?** (HCS)

² **My HELP** comes from the LORD... ³ He will not allow your **FOOT to slip**...

Psalms 119:105 (NIV) Your WORD is a lamp to my feet and a light for my path.

→Who will Help me IF I get into TROUBLE?

¹ I lift my eyes toward the mountains. **Where will my HELP come from?** (HCS)

⁷ The LORD will PROTECT you from ALL HARM; He will PROTECT your life. (HCS)

Isaiah 30:15-16 (NLT) ¹⁵ This is what the Sovereign LORD, the Holy One of Israel, says: "Only in RETURNING to Me and RESTING in Me will you be saved. In QUIETNESS and CONFIDENCE is your strength...."

God said I AM your ONLY Hope...

- **RETURN** - change of Heart
- **REST** - I will stop struggling
- **QUIETNESS** - I will Stop Talking
- **TRUST** - Confident Dependence

¹⁵...But you would have none of it. ¹⁶ You said, No, we will get our help from Egypt. They will give us swift horses for riding into battle. But the only swiftness you are going to see is the swiftness of your enemies chasing you!

→Who will STRENGTHEN me on the Journey?

¹ I lift my eyes toward the mountains. **Where will my help come from?** (HCS)

⁸ The LORD will **protect** your **COMING AND GOING** both now and forever.

Isaiah 41:10,13 (NLT) ¹⁰ Don't be afraid, for I AM with you. Don't be discouraged, for I AM your God. I WILL strengthen you and help you. I will hold you up with MY victorious right hand.

¹³ For I hold you by your right hand - I, the LORD your God. And I say to you, Don't be afraid. I am here to help you.

TAKE AWAY ??

How Can We Prepare for Worship?

- Plan on COMING
- Take Fears and Concerns TO GOD
- Come to Church with a Sense of EXPECTATION
- Remember Worship is a FOCUS not Feelings

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.

Through death into life everlasting
He passed, and we follow Him there;
Over us sin no more hath dominion -
For more than conquerors we are!

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.