

Psalm 121:1-2 (HCS)

- ¹ 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.

Psalm 121:3-4 (HCS)

**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.**

Psalm 121:5-6 (HCS)

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.

Psalm 121:7-8 (HCS)

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.**

**Who Can I Really
TRUST?**

Psalm 121:1-8



→ **Who will HELP and GUIDE me
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

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.

Isaiah 30:15-16 (NLT)

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)

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.

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.

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.