

# My Help

PSALM 121

I lift up my eyes to the hills—  
where does my help come from?  
My help comes from **the Lord**,  
the Maker of heaven and earth.

Psalm 121 reminds us that our help does not come from people, places, strength, money, or circumstances. Our help comes from the Lord—the Maker of heaven and earth. When life feels uncertain, this psalm teaches us to look up, trust God’s watchful care, and rest in His covering.

## 1. Look Up for Your Help

### Psalm 121:1–2

*“I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”*

The psalmist begins by looking up. This is not a look of confusion, but a look of expectation. The hills may represent challenges, places of worship, or even things people looked to for strength. But the answer is clear: help does not come from the hills. Help comes from the Lord.

The same God who created heaven and earth is fully capable of helping you in your present situation.

#### Reflect:

1. What are some “hills” people look to today for help before looking to God?
2. When you face trouble, where do your eyes usually go first? Or, do you look only at the problem?
3. What does it mean to you that your help comes from the Maker of heaven and earth?

## 2. God Is Your Keeper

### Psalm 121:3–4

*“He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.”*

God is your keeper. That means He is your protector, guard, and defender. Unlike people, God never gets tired. He never becomes distracted. He is never overwhelmed.

While you sleep, God is still watching. While you are uncertain, God is still working. While you are weak, God remains strong.

#### Reflect:

1. What does it mean for God to be your “keeper”?
2. Have you ever experienced God protecting you in a way you did not recognize until later?
3. Why is it comforting to know that God never slumbers or sleeps?
4. Ecclesiastes 4:9 says, “Two are better than one”. Has God placed anyone in your life who God has used to help watch over you?

### 3. God Covers You Daily

#### Psalm 121:5–6

*“The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.”*

The word “shade” represents protection, nearness, and comfort. God does not protect from a distance. He is close. He is at your right hand.

The sun by day and the moon by night symbolize every season and every moment. God covers you in the daylight and in the darkness, in good times and in hard times.

God’s covering is personal. He is not just a keeper—He is **your** keeper.

“Two are better than one...” God also gives us people to cover, encourage, strengthen, and pray for one another. Part of walking in God’s covering is also learning to cover others in prayer. Ecclesiastes 4:9

#### Reflect:

1. What does God’s cover look like in your daily life?
2. Who has God used to help cover, strengthen, or encourage you?
3. Who should you be covering in prayer daily?



### 4. God Preserves Your Life

#### Psalm 121:7–8

*“The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”*

God’s care is not limited to your earthly life. He watches over your coming and going now, but He is also concerned with your eternal life.

Do not be shortsighted and only think of God’s protection in terms of temporary needs. God is preserving your soul, your purpose, your future, and your eternal destiny.

His keeping power is not just for today. It is “both now and forevermore.”

#### Reflect:

1. What is the difference between God protecting your earthly life and preserving your eternal life?
2. How does Psalm 121:8 give you confidence about your future, both earthly and eternal?
3. Where do you need to trust God beyond what you can presently see?



## **Spiritual Discipline and Prayer**

### **Memorize**

Commit Psalm 121:1–2 to memory:

“I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”

### **Recite**

Read or recite all eight verses of Psalm 121 daily.

### **Pray**

Lord, I lift my eyes to You. My help comes from You, the Maker of heaven and earth. Thank You for being my keeper, my covering, and my protector. Help me stop focusing only on my problems and teach me to trust Your watchful care. Cover my family, my loved ones, and those You have placed in my life. Preserve us, guide us, and keep us both now and forevermore. In Jesus' name, amen.

### **Prayer of Affirmation:**

Help us to open our hearts and minds to receive your holy word. We ask for your divine guidance as we turn to these sacred texts.

Grant us the wisdom of their truth, the discernment to apply them to our lives, and the faith to believe in their power.

May this time spent in your scripture draw us closer to you, strengthen our faith, and equip us to live lives that honor You.