

HELP LORD!
Psalm 121:1-8

INTRODUCTION: Life from time to time finds us all a little short. It is often an embarrassment when we need to ask for help. We all need at times to receive grace. Many of the Psalms are cries to God for help. As we read Psalm 121 we can hear the psalmist crying out "Lord, I need Your help! I need Your guidance!" In this short Psalm God encourages us to trust Him even when He allows things into our lives that we don't desire. The psalmist encourages us to look above the hills of our problems to find our strength in our God. Psalm 121 is one of the fifteen Psalms of Assent. These were assents from all over Israel up to Jerusalem for the annual feasts of God. Our own journey through life often seems uphill. These songs contain essential truths for our journey of our lives.

I. HELP FOR OUR JOURNEY!

The Word of God never lies to us about the fact that our lives seems all too often to be an uphill battle. God's Word constantly lets us know that we are pilgrims and strangers on this earth and the road we travel is filled with hazards and problems but we need not lose hope! John 16:33. Simply stated, this is the biblical view of life in this present world: Psalm 121:1. Many of the great climatic moments in the biblical narrative seem to happen on the mountains of life's trials. Isaiah 55:12; Psalm 125:1-2; Psalm 121:1 asks one of life's greatest questions. When it is your time to face the mountain trials of life where will your help come from?

II. OUR HELP COMES FROM THE LORD!

In the second verse we find the only solid foundation for our lives: The One who can really help us in our mountain struggles: Psalm 121:2. The hills have no help for me, my own strength will never suffice for me to succeed, but I've chosen to look up to the real source of help, my Creator of the mountains, God Himself! There is no greater promise found in the Word of God than the promise that the Creator God will be my Help and Guide. Psalm 115:15; Psalm 134:3; Psalm 146:5-6. When we place our faith in Him and His Word we are coming not only to a God Who Cares but to a God Who can! Colossians 1:16-17.

III. GOD'S PROMISE OF HIS HELP FOR OUR JOURNEY!

Not only does the Psalmist say God is his Help and Stay but God will be the Help and Stay for all of us if we will learn to trust in Him and His Word! Psalm 121:3. We cannot see our God but we need never fear that our God sees us and He knows us. Matthew 10:30. When we cry out to our God: Lord Help! We need to know that our God knows our needs and is more than able to handle our needs. Psalm 121:3-4. Our God has promised to never allow anything to touch us that He cannot work for our good if we will trust and obey Him: Psalm 121:5-6. How wonderful to know by faith that nothing can touch our lives unless our God allows it and if He allows it He will work it for our good if we will just do two things: Romans 8:28. Our God helps us both by day and by night: Psalm 121:6: Matthew 17:14-15. Another precious promise here is found in Psalm 121:7-8. You need to know that bad things do happen to God's children but never outside of our God's supervision and long-term purposes: Matthew 10:28-31. What a wonderful promise we find in Psalm 121:8. Our God not only made us in His image but He loves us so much He gave His only begotten Son for us: John 3:16; Deuteronomy 11:18-21. God's love is so great that nothing and no one else can ever come between us and the love of our Lord: Romans 8:38-39. How can you get in on our God working everything for your good? Isaiah 33:6.