

TITLE AND NUMBER: 122. Where does my help come from?

REFERENCE AND KEY VERSE(S): 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. 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. 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 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 for evermore.



LOOKING FURTHER: Micah 4:1-4; John 4:21-24; Matthew 28:20b

What does this Bible passage tell us?

Psalm 121 is one of fifteen psalms which are called 'songs of ascents'. They would have been learnt by heart and sung as people walked up the hills towards Jerusalem and the Temple of God. Solomon built the Temple as a dwelling-place for God and many people visited it to worship, to pray and to offer sacrifices. Jesus has since taught us that God cannot be confined to a particular place and time, so we can worship God anywhere (John 4:21-24).

The psalmist invites people to consider where their help comes from. He answers his own question by saying it comes from the Lord, creator of all things. He goes on to encourage the people by reminding them that the Lord watches over them always, both day and night, and protects them from harm.

It is very easy, particularly when we are feeling low, to think that we are all alone, that no one is on our side. This psalm assures us that we are never alone because God is always with us.

We sometimes think that no one understands what we are going through. But this is one of the reasons why God came to earth as Jesus. Jesus was fully God and fully human, and therefore understands everything we go through. We have to accept the consequences of our actions, not just as individuals but also as the human race. However, God will help us if we let Him. Sometimes, we have to deal with situations that we have not caused, and that can be hard. But remember, Jesus died a horrible death on a cross for crimes He did not commit. He understands – He has been there, too – He knows exactly how we feel.

Many times in the New Testament we read Jesus' words 'do not be afraid.' Jesus is assuring us that He will be with us, giving us courage when we need it.

Reflections:

- Read Psalm 121 again and replace 'you' and 'your' with 'me' and 'my' in your mind. Be encouraged that God is with you and protects you.
- Consider how God works through other people, through nature, through books and films, in fact through everything we encounter. Try and recognise His work as you go through your day.

Write or draw something you read in this Bible Study that stood out to you.



WHERE DOES MY HELP COME FROM?

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

