

# THE ASCENT

PSALMS 120-134

PART 2

Don't Leave Home  
Without It



# 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 forevermore.



*“I will lift up mine eyes unto the hills,  
from whence cometh my help. My  
help cometh from the LORD, which  
made heaven and earth.”*



God continually watches  
over us on the journey.  
**We'll never stumble,**  
**never feel the heat,**  
**never grope in the dark**  
**and no harm will come**  
**our way.**



**D I F F I C U L T I E S**

*on the path cause  
“your foot to slip”*

V E R S E 3



**DISTRACTIONS**

*from the rigors of the  
“sun that can harm  
you by day”*

**VERSE 6**




**DEPRESSION**

*from the harm of  
“the moon by night”*

VERSE 6





*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.”*





Rather than  
trusting the  
Creator to help,  
they put their trust  
in the creation.

*A look to the hills  
represents looking to  
anything other than  
God as our source.*

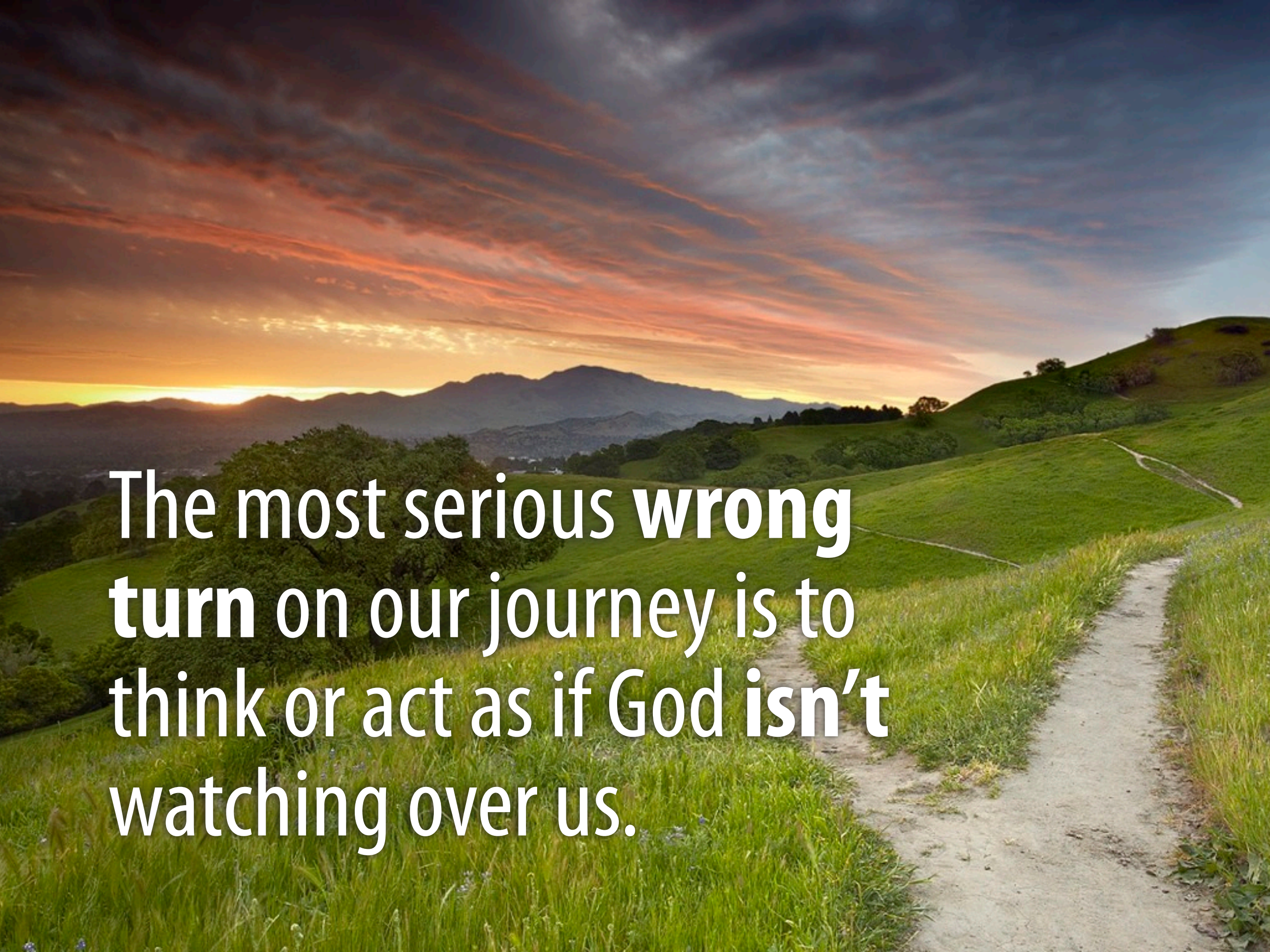


*“Surely the idolatrous  
commotion on the hills  
and mountains is a  
deception; surely in the  
LORD our God is the  
salvation of Israel.”*

*Jeremiah 3:23*

*“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.”*

VERSES 7-8

A scenic landscape at sunset. The sky is filled with dramatic, streaked clouds in shades of orange, red, and blue. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, a dirt path winds through lush green grass and wildflowers. The middle ground shows rolling green hills with scattered trees. In the background, a range of mountains is visible under the colorful sky.

The most serious **wrong**  
**turn** on our journey is to  
think or act as if God **isn't**  
watching over us.



# *Psalm 121*

*is reminding us that **no**  
difficulty, distraction or  
depression has the **power of**  
evil over us*

**Nothing** can separate us from  
God's plans, purposes and  
promises.

S

times

YAHWEH

YAHWEH

YAHWEH



6

Guardian

Guardian

times

GUARDIAN

GUARDIAN

## the Divine Purpose Test

"If it can't be used for  
God's glory in your life,  
he prohibits it from  
touching you."

"God makes no mistakes."

Karl Barth

*God turns evil into good.*

GENESIS 50:20

*God uses all things for his glory.*

ROMANS 8:28

*God never leaves or forsakes us.*

JOSHUA 1:5

*God is with us in the valley of the shadow of death.*

PSALM 23:4

*God makes it so we never really die.*

JOHN 11:25-26

# No matter what, WE WIN

Quit worrying, rest in the safety of  
his hands and simply trust him



# Your Assignment

Read, re-read &  
reflect on these eight  
verses of Psalm 121  
every day





Why?



God is


**Too kind** to do anything cruel

**Too wise** to make a mistake

**Too deep** to explain himself



Who

An old, worn suitcase with a brass latch and handle, resting on a wooden floor. The suitcase is made of a textured, light brown material, possibly canvas or straw, with dark brown leather accents on the handle and corners. The brass latch is prominent on the top. The suitcase is positioned diagonally across the frame, with the wooden floor planks visible in the background.

“The LORD will watch over your  
coming and going both now  
and forevermore.”

PSALM 121:8



**“He who promised is faithful!”**

**H E B R E W S 1 0 : 2 3**