

Theme: God has promised to watch over, protect, and keep His covenant people through the good and bad times of life.

I. Intro – A Psalm of Encouragement

- A. A week off from the series
- B. Look at a Psalm to encourage our faith
- C. When tough times come, where is our help?
- D. Where is God when all seems lost?

II. Where Does My Help Come From?

- A. The hills/mountains – good or bad? (v1)
 - 1. Bad? – help?; arduous (ascents)/bandits
 - 2. I think good – Ps 125:1-2; 123:1
- B. Where does my help come from? – rhetorical (v1)
- C. Help from God the Creator (v2)
 - 1. Maker of heaven & earth – Almighty Creator
 - a. Merism – all things (high/low; lock, stock, barrel)
 - b. Creed – Almighty (Gen 1:1, et al)
 - c. To Help & Bless – Isa 37:16-17; Gen 14:19-20
 - 2. YHWH – Our Covenant God (v2; 5 (2x), 7, 8)

III. Guarded By Our Covenant God

- A. The potential of danger – my foot slips (v3)
 - 1. Danger lurks for the pilgrim – slips (v3)

- 2. He keeps our feet (v3); coming and going (v8)
- 3. The danger of sun and moon (v5-6)

B. The LORD guards us

- 1. Guards/keep/watch - שָׁמַר - 6 times!
 - a. Vv 3,4,5, 7 (2x), 8 - God watches over us!
 - b. We never escaped his notice
- 2. Guarded at all times – day and night
 - a. LORD does not slumber or sleep (vv3-4)
 - b. May seem like it (Psa 35:23), but He does not!
 - c. Watches day & night – merism – (v5-6)
- 3. Guarded in all situations
 - a. All harm; life; coming and going (v7-8)
 - b. God sees and guards us everywhere
- 4. Guarded for now and eternity (v8)

C. Jesus Our Covenant Shepherd and Guard

- 1. Safe in His hand – John 10:28
- 2. Kept through hardship/suffering (Rom 8:35-39)
- 3. God is with us, guards and keeps us – in all

IV. Applying the Word

- A. Are you one of God's covenant people?

1. The LORD – covenant God – does this
 2. The promise is for those in Israel – the church
 3. Are you in covenant with God through Christ?
- B. Do we see that our life is guarded by the LORD?
1. This is His covenant promise and provision
 2. Remind yourself of this – especially in bad times
- C. Are we thankful for the Lord’s guardianship?
1. What a scary place the world is apart from this
 2. We can lie down and get up in peace
 3. Do we worship, pray with thanks to LORD?
- D. Summary: Heidelberg catechism 26 & 28

Guarded by Our Covenant God

Psalm 121

November 30, 2008

O God Our Help In Ages Past

Psalm 121 - responsive

¹ **A song of ascents.** Those who trust in the LORD are like **Mount Zion**, which **cannot be shaken** but endures forever. ²**As the mountains surround Jerusalem, so the LORD surrounds his people** both now and forevermore. Psalm 125:1-2

¹ A song of ascents. **I lift up my eyes to you**, to you whose throne is in **heaven**. Psalm 123:1

I believe in God the Father Almighty, Maker of heaven and earth...
The Apostles Creed

¹⁶ "O LORD Almighty, God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. **You have made heaven and earth.** ¹⁷ Give ear, O LORD, and hear; open your eyes, O LORD, and see; **listen to all the words Sennacherib has sent to insult the living God.** Isaiah 37:16-17

¹⁹ and he blessed Abram, saying, "**Blessed be Abram by God Most High, Creator of heaven and earth.** ²⁰ And blessed be God Most High, **who delivered your enemies into your hand.**" Then Abram gave him a tenth of everything. Genesis 14:19-20

²³ **Awake**, and rise to my defense! Contend for me, my God and Lord. Psalm 35:23

²⁸ I give them eternal life, and they shall never perish; no one can snatch them out of my hand. John 10:28

³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." ³⁷ No, in all these things we are more than conquerors through him who loved us.

³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:35-39

What believest thou when thou sayest, "I believe in God the Father, Almighty, Maker of heaven and earth"?

Answer. That the eternal Father of our Lord Jesus Christ (who of nothing made heaven and earth, with all that is in them; who likewise upholds and governs the same by his eternal counsel and providence) is for the sake of Christ his Son, my God and my Father; on whom I rely so entirely, that I have no doubt, but he will provide me with all things necessary for soul and body: and further, that he will make whatever evils he sends upon me, in this valley of tears turn out to my advantage; for he is able to do it, being Almighty God, and willing, being a faithful Father.

What advantage is it to us to know that God has created, and by his providence doth still uphold all things?

Answer. That we may be patient in adversity; thankful in prosperity; and that in all things, which may hereafter befall us, we place our firm trust in our faithful God and Father, that nothing shall separate us from his love; since all creatures are so in his hand, that without his will they cannot so much as move.