

## Where Do You Turn For Help? Psalm 121

This Psalm has had a significant place in the life of my wife & her family!

Psalm 121 is one of the 15 “Songs of Ascents” found in Psalm 120-134.

These Psalms were sung by those traveling to Jerusalem for worship/festivals.

If you think its hard sometimes to go to church today, consider what it was like for God’s people back then:

- No cars to drive! For some the journey would take days!
- The roads were steep, rocky, and dangerous leading to Jerusalem!
- There was a real threat of getting mugged on the journey!
- It was required, it was costly, & it was a test of faith & obedience!

Without the luxuries of our day, these poetic Psalms served to not only pass the time, but to focus the heart upon God & commune with Him through prayer!

What an interesting way to travel! What a great way to prepare for worship!

What might change in our approach to Sunday mornings if we practiced this?

I have conversations with people all the time about “church/worship” & I hear many reasons as to why it’s a struggle for them to be here consistently!

- “It’s just too hard for me to get to church on Sundays” – Psalm 121:1-2  
***“I lift up my eyes to the hills. From where does my help come?”***
- “But what if... \_\_\_\_\_ (insert your concerns & fears)” – Psalm 121:3  
***“He will not let your foot be moved; He who keeps you will not slumber.”***
- “I’m just too tired, God understands I need a day of rest” – Psalm 121:4  
***“Behold, he who keeps Israel will neither slumber nor sleep.”***
- “But what about COVID, what about my safety” – Psalm 121:5-6  
***“The Lord is your keeper; the Lord is your shade on your right hand.  
The sun shall not strike you by day, nor the moon by night.”***
- “The church has some real sinful people in it” – Psalm 121:7  
***“The Lord will keep you from all evil; he will keep your life.”***
- “You just don’t understand my unique situation” – Psalm 121:8  
***“The Lord will keep your going out and your coming in from this time  
forth and forevermore.”***

What if these words/this song was on our lips? Would it make a difference?

What if every Sunday we had “an old church choir singing in our soul” these words of life, comfort, hope, joy, etc.? What might be different for us?

If we are part of God’s family, then we truly do have a *“sweet salvation that is beautiful!”* And it should be true of us that *“our hearts are overflowing because we have been restored!”* And no matter what is going on in our lives we ought to be able to say, “there aint nothing gonna steal my joy!”

Our joy is not found in our circumstances, but in the One we lift our eyes to that is above, and beyond, our circumstances! Amen!?

Jesus is our greatest example of this! It’s Palm Sunday, the day we remember when Jesus journeyed to Jerusalem to celebrate Passover!

Jesus was on His way to church (entering the temple was his first stop in Jerusalem)! But we know that this particular journey for Jesus was more than just to celebrate Passover, it was to become the Passover Lamb for us!

Scripture doesn’t tell us if Jesus was singing these “songs of ascent” on his journey to Jerusalem leading up to Palm Sunday, but it’s safe to say that it is very possible that he did!

Jesus knew what was ahead for Him, that the cross was His ultimate destination on this trip to Jerusalem! I can’t imagine how difficult that journey must have been! I also can’t think of a better Psalm for Him to sing!

The whole book of Psalms is filled with real & authentic interactions w/God! If you want to know that you are not alone in your struggles, read this book!

I love Larry Crabb’s subtitle to this chapter in the “66 Love Letters” book – *“Ask your hardest questions and sing your loudest praise!”*

That is this book – the human condition/struggle, and the heavenly solution! Worship is the antidote to our doubts, fears, struggles, temptations, griefs, etc. b/c it is in worship that we tether ourselves to the God of Psalm 121!

Jesus quoted the book of Psalms more than any other book in the O.T. He knew, & experienced, the struggle of life, but He also knew where to turn!

Palm Sunday is the triumphal entry of Jesus into Jerusalem, a time of great joy! But Jesus also knew that the shouts of praise would turn to shouts of “crucify him!” The Psalms is where He often turned for help! So should we!

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