

PSALM 121

*Journey to
a Higher Place*



“I will lift up my eyes to the hills— From whence comes my help?” Psalms 121:1

Psalm 121 is described in the Bible as a song of ascents which can refer to the progression of musical notes played for the psalm or the journey pilgrims make as they head towards Jerusalem. It can also refer how the psalmist takes us on a progressive journey to a higher place of understanding who God is, how we seek God and how He responds to those who seek Him.

This series let's join the psalmist in this song of ascents as we journey into seeking God for the latter part of the year and the seasons to come.



Day 1

"I will lift up my eyes to the hills— From whence comes my help?" Psalms 121:1

The psalmist asked himself a very powerful question we may also have asked ourselves at some point - where will my help come from? There are situations we will face in life that make it very clear that there's a limit to the extent we can help ourselves.

The psalmist lifted his eyes up figuratively to those seemingly more capable to help, yet help didn't come from those quarters. There's also a limit to what we can expect from others because we may not even know who to approach, how to access them or they may just not be willing to help. This doesn't make such people bad people, they're just not the ones assigned to help us.

"The king's heart is in the hand of the Lord, Like the rivers of water; He turns it wherever He wishes." Proverbs 21:1

It can feel very discouraging when we realise we need external support yet none seems to be available. It's at this point we tend to look to God almost as a last resort. But what it helps to remember is that there's no point asking people for help if God hasn't spoken to them first. The Lord instructed the widow of Zarephath before Elijah met her (1 Kings 17:9), there were men designated by name to make David king (1 Chron 12:31,38), Jesus had favour with God and this led to favour with people (Luke 2:52).

Anything we engineer by ourselves will be our responsibility to sustain. But if it's God that initiates a relationship, project, assignment, then He takes on the responsibility for making sure it aligns with His plans.

Prayer: Lord I have tried things my own way in the past and been disappointed. Today Lord I look to You for help in my weakness. Guide me in the way I should go and turn the hearts of kings in my favour.



Day 2

“My help comes from the Lord, Who made heaven and earth.” Psalms 121:2

Yesterday we looked at the psalmist’s decision to look to the Lord and today we see the revelation he received in coming to that decision: God is the maker of heaven and earth which speaks to His capacity both in spiritual and natural matters.

“Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?”

Jeremiah 32:27

“The heaven, even the heavens, are the Lord’s; But the earth He has given to the children of men.” Psalms 115:16

Nothing is too hard for God, but because He has given us free will, He requires us to intentionally invite Him into situations we want Him to resolve. This is why the will of God for our lives doesn’t manifest automatically as there is participation required on our part. And when we choose to involve God we must also be willing to let Him resolve whatever we’ve put before Him in His way, not ours.

“For My thoughts are not your thoughts, Nor are your ways My ways,” says the Lord. “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.” Isaiah 55:8-9

Many times what we really want is for God to show up for us how and when we want and give us the outcome we want in the way we’ve planned it out in our minds. But God doesn’t work that way. The thought patterns of the creator are always higher than that of the created. When God steps in He’s not just looking to resolve whatever we’ve put before Him, He’s also shaping us and the things around us for the long term to align with His design for us so we can function like Him. So when next we think of bringing God into a matter, we must also come with the humility to admit our understanding is limited and a willingness to obey His instructions regardless of our opinion.

Prayer: Lord thank You for reminding me that You’re the One who created both the heavens and the earth which means everything is subject to Your power and authority. I ask You to intervene in this matter (bring it before the Lord) and I submit to obeying Your instructions



Day 3

“He will not allow your foot to be moved; He who keeps you will not slumber.” Psalms 121:3

God doesn't slumber or sleep, He's always at work even when we can't see it. This truth is comforting because it means He's always aware of everything that's going on at every time - He doesn't need second hand information. And as He sees, He acts on our behalf so that we're not shaken or put in a position of insecurity by the enemy.

“Have You not made a hedge around him, around his household, and around all that he has on every side? You have blessed the work of his hands, and his possessions have increased in the land.” Job 1:10

“But the LORD is with me as a mighty terrible one: therefore my persecutors shall stumble, and they shall not prevail: they shall be greatly ashamed; for they shall not prosper: their everlasting confusion shall never be forgotten.” Jeremiah 20:11

God doesn't watch what happens to us as a bystander, He's actively involved in making sure we are protected from the activities of the enemy. The reason satan knew there was a hedge of protection around Job was because he'd tried to attack him. In the same way we have protection in the realm of the spirit that shields us from the activities of the enemy. This gives us license to walk boldly and with confidence knowing that He who we're representing and sends us on assignment always backs us up through it all. This is why we have the ministry of angels at our disposal making sure we are kept in all our ways.

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. For He shall give His angels charge over you, To keep you in all your ways.” Psalms 91:1, 11

It doesn't mean there won't be tough times or things that challenge us, but we can face anything with confidence that God will keep us through it. The caveat to accessing all this is staying in His presence, being committed to walking with Him and prioritising fellowship with the Holy Spirit.

Prayer: Lord help me to always prioritise my relationship with You above all else so I never forget You're always watching over me. Thank You for always being my shield, protector, guard and guide. Thank You for the ministry of angels at my disposal.



Day 4

“The Lord is your keeper; The Lord is your shade at your right hand.” Psalms 121:5

The maker of the heavens and the earth, God of all flesh, Father of all spirits is also our keeper and our shade. As our keeper He carefully attends to and takes care of us. As our shade He guards and preserves us through all the things that life throws in our direction. Let's take note that the word “is” means God is presently both our keeper and our shade. It's not something He did in the past, but what He is presently and continuously doing.

“who are kept by the power of God through faith for salvation ready to be revealed in the last time.”
1 Peter 1:5

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.” 1 Thessalonians 5:23

Only God has the capacity to keep our spirits, souls and bodies in their entirety both physically and spiritually. Because He loves us, He deploys the unlimited resources at His disposal to ensure that we are preserved in every way both for now and eternity. How comforting it is to know that God Himself is paying careful attention to all that concerns us.

“See, I have written your name on the palms of my hands...” Isaiah 49:16

“And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.” Matthew 10:30-31

We are valuable to God and the Bible lets us know that He's always thinking about us, making sure we are in alignment with His plans for us. The closer we get to Him, the more the Holy Spirit gives us a deeper revelation of the depth of God's love for us, which He demonstrates to us lavishly and without restraint.

Prayer: Lord thank You for loving me so much. Thank You for the confidence I have knowing You are both my keeper and my shade. Thank You for the comfort I have knowing that anything coming against me has to pass through You first.



Day 5

“The sun shall not strike you by day, Nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul.” Psalms 121:6-7

We live in times of heightened global insecurity, things that were not considered issues not too long ago are wreaking havoc in different parts of the world. It's become increasingly obvious that the only true place of safety is in the presence of God because He alone can protect us even in the midst of difficult and sometimes dangerous circumstances.

“You go before me and follow me. You place your hand of blessing on my head.”

Psalms 139:5

“...For the Lord will go ahead of you; yes, the God of Israel will protect you from behind.” Isaiah 52:12

One of the many benefits we have as believers is that as we walk with God His presence completely surrounds and encloses us, protecting and guiding us in both the present and the future. He protects us so we are preserved in the present and goes ahead of us to secure our futures. God's comprehensive and constant protection is always over our lives, giving us the confidence that nothing that concerns us is outside of His watch and care.

“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.” 1 Peter 5:8

We live in a fallen world and we have an enemy actively seeking to devour us, so just as God has blessings stored for us, the enemy also plans evil against us. However the enemy is not all powerful so he tries to create situations that will make us disconnect from God through sin, strife, offence, bitterness etc. This is why constant and honest fellowship with the Holy Spirit is critical because as we surrender to Him, He helps us deal with the things our flesh can't handle so God's hedge of protection around us remains unbroken.

Prayer: Father I'm grateful for preserving my spirit, soul and body from all evil. Help me stay connected to You so I always remain within Your circle of protection.



Day 6

“The Lord keeps watch over you as you come and go, both now and forever.” Psalms 121:8

The Lord watches over us as we come and go which means He's always in motion with us wherever we are. The same way VIPs have physical bodyguards assigned to them, we also have supernatural bodyguards permanently assigned to us to guard, protect and attend to us as we go about our daily activities.

“Are not all the angels ministering spirits sent out [by God] to serve (accompany, protect) those who will inherit salvation? [Of course they are!]” Hebrews 1:14

“The steps of a [good and righteous] man are directed and established by the Lord, And He delights in his way [and blesses his path].” Psalms 37:23

The Lord has multiple strategies to guide and watch over us, all working together simultaneously. The ministry of angels is one strategy whereby as the commander of the host of armies of heaven, the Lord deploys his vast army of angels to attend to our needs. He also works through the leading of the Holy Spirit, guiding us and pointing us in the right direction.

“I hear the Lord saying, “I will stay close to you, instructing and guiding you along the pathway for your life. I will advise you along the way and lead you forth with my eyes as your guide. So don't make it difficult; don't be stubborn when I take you where you've not been before. Don't make me tug you and pull you along. Just come with me!” Psalms 32:8-9 TPT

God doesn't watch over us passively or in a vacuum, He does so to keep us in alignment with His perfect will for our lives. This means that we can't wilfully disobey God and expect Him to just stand by and watch - He will bring guidance, correction, and rebuke if necessary to keep us on His pathway. God's guidance may cause us to walk uncertain paths to build our faith, give up certain things we like and/or take on challenges to build up our inner strength and do things that have no clear benefit to us to help us mature in love. And as always can choose whether or not to align with the leading of the Holy Spirit, but we know letting Him keep us in His way for us is the best decision we can make.

Prayer: Lord I trust that You will keep me now and forever as promised. Help me stay aligned to You so I don't deviate from the path You've set for me to walk in.



Day 7

Psalms 121 takes us on a journey of coming up higher in our revelation and understanding of who God is, His love for us and the practical ways He actively and intentionally watches over us and keeps us. God is never far from us, He's present with us everyday in every way. He watches over us, protects, leads and guards us.

"...choose for yourselves this day whom you will serve... But as for me and my house, we will serve the Lord." Joshua 24:15

Joshua experienced many transitions in his life and fought many battles, but through it all he made a choice to serve the Lord, to look up to Him and walk in His ways. He wasn't perfect and like us made some mistakes on the way, but at the end of it all Joshua realised that walking with God was the only winning strategy.

Like Joshua we will also face challenges and transitions in life and will hopefully come to the revelation that the kind of help, protection, guidance and love that God gives can never be provided by people. We don't need to exhaust other options first before finally coming to God for help. If we make Him our first port of call we avoid wasting valuable time on things that will not have lasting impact on our lives.

Today let's reflect on the areas we are facing challenges and intentionally bring them to the Lord. Even if there are no challenges, let's reflect on all God has committed to, knowing not one of His promises will ever fail.

Prayer: Lord I look to You as my helper, my keeper, my guard and guide. Today I choose to fix my eyes on You as I commit myself and all that concerns me into the safety of Your hands, knowing that You are faithful to do all You've promised and more



Thank you for completing the study. We'll love to hear from you, so please connect with us on:

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