

HELPER AND KEEPER

Psalm 121:1–8

Key Verse: 121:5a

1. What are the Psalms of Ascents, and what was their original purpose? How do they help us understand and live the Christian life today (Heb.11:13–16)?
2. What does the psalmist say (1)? In what life situations do we also ask this? What does he say about God (2; Heb.13:6)? How can we believe that he helps us (Matt.28:20b)?
3. What does it mean that the LORD “will not let your foot be moved” (3a)? That he “will neither slumber nor sleep” (4b)? How does this truth about God affect us (Phil.4:7)?
4. What does the word “keeps” mean? In what ways does the psalmist say the LORD keeps us (3b,4,5,7,8)? How is this different from self-preservation?
5. How does “The LORD is your keeper” look forward to our Lord Jesus (John 10:9,28; 17:15; Rom.8:38–39)? Why do we need this assurance? How did Apostle Paul express this same faith (2 Tim.4:18)? What hope does it give us (Jude 24)?

References:

Heb.11:13–16: “These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth. For people who speak thus make it clear that they are seeking a homeland. If they had been thinking of that land from which they had gone out, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared for them a city.”

Heb.13:6: “So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”

Matt.28:20b: “And behold, I am with you always, to the end of the age.”

Phil.4:7: “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

John 10:9: “I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture.”

John 10:28: “I give them eternal life, and they will never perish, and no one will snatch them out of my hand.”

John 17:15: “I do not ask that you take them out of the world, but that you keep them from the evil one.”

Rom.8:38–39: “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

2 Tim. 4:18: “The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom. To him be the glory forever and ever. Amen.”

Jude 24: “Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy...”