

Psalm 121:1-8 **Confidence that Yahweh will Help & Keep us Forever**

God the Help of Those Who Seek Him

A Song of Ascents.

1. I will lift up my eyes to the hills – From whence comes my help?
- 2 My help *comes* from Yahweh (the LORD), Who made heaven and earth.

- 3 He will not allow your foot to be moved; He who keeps you will not slumber.
- 4 Behold, He who keeps Israel Shall neither slumber nor sleep.

- 5 Yahweh (the LORD) *is* your keeper; Yahweh (the LORD) *is* your shade at your right hand.
- 6 The sun shall not strike you by day, Nor the moon by night.

- 7 Yahweh (the LORD) shall preserve you from all evil; He shall preserve your soul.
- 8 Yahweh (the LORD) shall preserve your going out and your coming in From this time forth, and even forevermore.

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Facts Revealed:

- ✧ ·I will lift up my eyes to the hills – From whence comes my help?
My help *comes* from Yahweh (the LORD), Who made heaven and earth. [\[Psalm 121:1-2\]](#)
 - ✧ The psalmist will look at the Hills reminding himself of Creator Yahweh Who made both the Heavens and the Earth.
 - ✧ With full assurance that Yahweh is the source of all our help.
- ✧ He will not allow your foot to be moved; He who keeps you will not slumber.
Behold, He who keeps Israel Shall neither slumber nor sleep. [Psalm 121:3-4\]](#)
 - ✧ The help of Yahweh is personal and He will not allow our foot to slip.
 - ✧ In His great faithfulness and as a spirit being, Yahweh is always watching over us and never slumbers nor sleeps.
 - ✧ He cares for both individuals and for nations, especially Israel His chosen nation.
- ✧ Yahweh (the LORD) *is* your keeper; Yahweh (the LORD) *is* your shade at your right hand.
The sun shall not strike you by day, Nor the moon by night. [\[Psalm 121:5-6\]](#)
 - ✧ Yahweh is our keeper and will protect us from the sun and moon.
- ✧ Yahweh (the LORD) shall preserve you from all evil; He shall preserve your soul.
Yahweh (the LORD) shall preserve your going out and your coming in From this time forth, and even forevermore. [\[Psalm 121:7-8\]](#)
 - ✧ Yahweh is our sanctuary from all evil both body and soul.
 - ✧ He will provide guidance and direct our way as we go out or come in forevermore.
 - ✧ If we seek to walk according to His Word the Holy scriptures He will protect us all the way.