
I WILL LIFT UP MY EYES TO THE LORD

PSALM 121

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INTRODUCTION

King David has an interesting way of playing on words. In **Psalm 121.1** he says *"I will lift up my eyes to the hills- from whence comes my help."* When you lift up your eyes to someone or something, it means you are depending on such a one or thing.

In this passage David was talking about his dependence on God, but then says, his help comes from the hills. In the Old Testament, God is severally liken to an inanimate things. The LORD God is said to be a rock. Moses says in **Deuteronomy 32.3-4** *"For I proclaim the name of the LORD: Ascribe greatness to our God. He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He"* (NKJ).

King David says, "As for God, His way is perfect; The word of the LORD is proven; He is a shield to all who trust in Him. 32 *"For who is God, except the LORD? And who is a rock, except our God? (2 Sam. 22:31-32).* The LORD is also said to be a fortress. In **2 Samuel 22.2** we have David singing, *"The LORD is my rock and my fortress and my deliverer."* In Psalm 125.2 we have the LORD liken to mountains.

"As the mountains surround Jerusalem, So the LORD surrounds His people from this time forth and forever" (NKJ). It was such likeness that Psalm 121 made of the LORD. The lesson is to show that God is a dependable protector.

While **Psalm 121.1** talks of looking up to hills, in verse 2 the hills were defined to mean God. He says, *"I will lift up my eyes to the hills-- From whence comes my help? 2 My help comes from the LORD, Who made heaven and earth."*

David made the LORD, the creator of heaven and earth his help. Only the LORD is a dependable protector. It is only in Him that one will never be moved.

Since the LORD is a dependable protector the psalmist tells of the several benefits one has from the LORD. There are three of them recorded in ***Psalms 121***.

I. He will not allow your foot to be moved (v. 3).

It is when one's foot is not firm to the ground that such a person will slip and fall. Anyone that has made the LORD his Rock will never slip and fall.

The LORD will hold His own firm to the ground. In ***Deuteronomy 32.30-31*** Moses says, *"How could one chase a thousand, And two put ten thousand to flight, Unless their Rock had sold them, And the LORD had surrendered them? 31 For their rock is not like our Rock, Even our enemies themselves being judges."*

When we totally surrendered our lives to God, He will never betray us. He never allows the foot of His own to be moved. The protection of God is guaranteed. It does not matter whether in the day time or in the night. This is because, *"He who keeps you will not slumber, Behold, He who keeps Israel shall neither slumber nor sleep"* (***Psa. 121.3-4***).

The sun shall not strike you by day nor the moon by night (v. 6). The psalmist talks of God's total protection over his own. It is done both in the day and in the night. Whenever one looks up to the LORD for help, the sun will never strike him by day. People in the desert understand very well the scorching power of the sun. This is because there is no shade to protect their heads. But those who have looked up to the LORD for help, will not have the sun strike them because, *"The LORD is your keeper; The LORD is your shade at your right hand"* (***Psa. 121.5***).

Several passages talk about how mighty is the protective wings of God. ***Psalms 17.8*** says, *"Keep me as the apple of Your eye; Hide me under the shadow of Your wings."* ***Psalms 36.7*** says, *"How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings."* The Psalmist cries in ***Psalms 57.1***: *"Be merciful to me, O God, be merciful to me! For my soul trusts in You; And in the shadow of Your wings I will make my refuge, Until these calamities have passed by."*

Because he has seen the protection of God, the psalmist declares in ***Psalms 91.1*** *"He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty."*

II. The LORD shall preserve your soul (v. 7)

An assurance we have from looking up to God is that whoever looks up to the LORD shall be preserved. We are familiar with the evil in the world. The psalmist says, *"The LORD shall preserve you from all evil . . . The LORD shall preserve your going out and your coming in from this time forth and even forevermore"* (**Psa. 121.7, 8**).

While bad things may sometimes happen to us, while wicked people may sometimes attack us, while sicknesses may sometimes inflict us, while things may sometimes not go well with us, the LORD our God will continue to preserve us. The Lord shall preserve our souls. He will keep us from evil. May God continue to preserve our souls from all evil.

Conclusion

Like the Psalmist, let us lift up our eyes to the LORD for help. He is a very present help in times of need. The sons of Korah sang this song and it is interesting. We have it in **Psalm 46.1-3**, *"God is our refuge and strength, A very present help in trouble. 2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; 3 Though its waters roar and be troubled, Though the mountains shake with its swelling."*

If only we can understand and believe in the LORD strongly.

- He will never disappoint us.
- He is always there.
- He never changes.
- He is never tired and He never slumbers.
- In difficult times, let us lift up our eyes to the LORD.
- In good times, let us lift up our eyes to the LORD.
- When we have food to eat and when we have no food to eat.
- May we lift up our eyes to the LORD.
- May God keep everyone of us in Jesus name. Amen.