

COMMUNITY BIBLE CHURCH

PSALMS-LESSON 26

WEEK OF MARCH 29–APRIL 3

YAHWEH - MY KEEPER

PSALM 121

Psalm 121 is the second of 15 psalms entitled “*A Song of Ascents*”. **Psalms 120 through 134** are referred to as a “*hymnal within a hymnal*” all of which emphasize the protection and provision of a faithful God in whom we trust. These psalms are thought to be the songs Jewish pilgrims would sing as they made their journey up to Jerusalem to celebrate the great feasts; thus the title of these psalms, Psalms of Ascents. (Jerusalem was 2600 feet above sea level as contrasted with Jericho just 15 miles away that was 850 feet below sea level.)

Verse 5a is the key or central verse of this chapter: “*The Lord is your keeper*”. Every word in this Psalm either unpacks this statement or points directly to this truth. In **verse 5** the Lord is described as our Keeper. The usage of that same word as a verb, “*keeps*”, is used in other verses of this chapter to describe the Keeper’s care and provision of His redeemed. As you read and meditate upon God’s very personal care and attention to each one of His redeemed, may you grow in your confidence in Him and grow in your love for the great Keeper of your soul.

Read Psalm 121:1-2 Yahweh Saves*

1. What is the question the psalmist asks as he looks up to the mountains? In our lives, what are the occasions we ask that same question?

Although commentators do not agree on the significance or reason for the reference to the mountains, Allen Ross offers this: “The first verse presents the concern and raises a question. The concern in this situation is over the perceived danger of the journey through the hills to Jerusalem.... After all, the way to the holy city would be through hills fraught with danger- slippery paths, loose rocks, deep valleys as well as robbers and wild animals. This would have been a concern for anyone who had to travel but certainly for the pilgrims who were required to go to the festivals.” [The Psalms, Vol. 3](#), pg. 614

2. How did the psalmist answer his question in **verse 2**? What is the significance of describing the Lord as the “*maker of heaven and earth*”? (This phrase also reoccurs in other Psalms of Ascents, **Psalm 124:8** and **134:3**)

Read Psalm 121:3-4 Yahweh Steadies*

3. In **verse 3a**, what does Yahweh provide? How does **Prov 3:21-26** and **Jude 24-25** use the reference to our feet or steps to describe the Lord’s protection and preservation of His redeemed from spiritual dangers?

“Though the paths of life are dangerous and difficult, we will stand fast. Jehovah will not permit our feet to slide, and if He will not allow it, it will not happen. If our foot is kept, we may be sure that our head and heart will also be preserved.” [The Treasury of David](#), C. H. Spurgeon, page 1282

4. In **verses 3b and 4**, what is the repeated comforting truth? What is the significance of the application to the singular “you” in **verse 3b**? How is this great truth a comfort to you personally in your current challenges of life?

Read Psalm 121:5-6 Yahweh Shelters*

5. “Keeper” in **verse 5a** means one who guards, watches over, protects, preserves. When you consider that description of the Lord’s care, what is the significance of the reference to “your keeper”?
6. The reference in **verse 5b** to “*your right hand*” represents the place of human need. [MacArthur Study Bible](#), Footnote.
- a. What provision does the Lord make for His redeemed in **verses 5b and 6**?
- b. How is that truth stated in the following verses?
- **Ps.36:7**
 - **Ps.57:1**
 - **Ps.63:7**
7. What is the psalmist communicating about God’s protective care in his reference to the “*sun not smite by day or the moon by night*”?

“God is our covering against every calamity. He is our shade against the visible perils of the day as well as the hidden perils of the night.” [Psalms Vol. 3](#), James Montgomery Boice, pg 1078

Read Psalm 121:7-8 Yahweh Safeguards*

8. What protection does Yahweh provide in **verse 7**? How do those promised safeguards correspond to **Romans 8:35-39**?
9. How does **verse 8** communicate the Lord’s eternal care and protection of His redeemed?
10. What does Jesus promise to His redeemed in **Matthew 28:20**?
11. What are particular promises or truths from this psalm that provide you with comfort or confidence in God’s faithful and unchanging protection and provision for you?

“The mature Christian is neither blind to trouble nor in fear of it, for he is following after Jesus Christ who said, “In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33).”

[Psalms, Vol 3](#), James Montgomery Boice, pg. 1080

*(Titles of verse couplets from Phil Johnson Grace Church message 3-20-2022 - Psalm 121)