

Date: 5-29-2022 PM

Church: Safe Harbor Baptist Church

Text: Psalm 121

Title: "I will lift up mine eyes"

Introduction:

Psalm 120 introduces a series of fifteen psalms, all with the inscription, "A song of degrees."

Degrees comes from a root word that means "ascents" or to "go up, s ascending stairs.

There are 15 of these Psalms in order.

10 are anonymous authors (most people believe Hezekiah), 4 are attributed to David and 1 is title "a song of Degrees for Solomon" (Psalm 127) meaning Solomon was not the author, but it was written for his benefit.

It is commonly agreed that these Psalms were sung by the Israelites when they journeyed to Jerusalem for the 3 feast each year. Passover in the spring, Pentecost in early summer and Tabernacles in the Fall.

It has also been suggested that the Temple had 15 steps, and that the people would sing these Psalms as they ascended the steps of the Temple to Worship God.

End of Introduction:

I. The Decision he Made. Vs 1

"I will lift up mine eyes"

1. In this text he is **Lonely**.

"I"

It appears as though the Psalmist is in a place where he is alone.

2. In this text he is **Low**.

"I will lift"

If the Psalmist is "lifting" up his eyes It just stands to reason that he is in a low place. Grammatically it appears as though he is in a valley or a low place in his life.

In the Valley there is:

- A **Fight and War**- I Samuel 17
- A **Fresh Well**. Psalm 84:6 **Who passing through the valley of Baca make it a well; the rain also filleth the pools.**

- A **Friend With me**- Psalm 23: 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

3. In this text he is Lifting.

“I will lift up”

He is tired of the low look and he is wanting an upward look!

Psalm 3:1-3 Lord, how are they increased that trouble me! many are they that rise up against me. 2 Many there be which say of my soul, There is no help for him in God. Selah. 3 But thou, O Lord, art a shield for me; my glory, and **the lifter up of mine head.**

4. In this text he is Looking.

“I will lift up mine eyes”

He wants his Perception to change!

He wants his Prerogative to change!

He is not looking for “Something” he is looking for “Someone”!

II. The Direction he Marked. Vs 1b-2

“I will lift up mine eyes unto the hills, from whence cometh my help. 2 My help cometh from the Lord, which made heaven and earth.”

1. We note the Hills. Vs 1b

“I will lift up mine eyes unto the hills,”

The Psalmist knew that there was Help in the Hills!

II Kings 6:15-17 And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do? 16 And he answered, Fear not: for they that be with us are more than they that be with them. 17 And Elisha prayed, and said, Lord, I pray thee, open his eyes, that he may see. And the Lord opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.

2. We note the Help. Vs 2

“My help cometh from the Lord, which made heaven and earth.”

A. This is Personal help.

“My help”

B. This is Pursuing help.

“cometh”

“eth” puts the word in a continual sense.

C. This is Providential help.

“from the LORD”

D. This is Proven help.

“which made heaven and earth”

Genesis 1:1 In the beginning God created the heaven and the earth.

Isaiah 40:12 Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and the hills in a balance?

It is no secret what God can do!

III. The Dependance he Mentions. Vs 3-8

“He will not suffer thy foot to be moved: he that keepeth thee will not slumber. 4 Behold, he that keepeth Israel shall neither slumber nor sleep. 5 The Lord is thy keeper: the Lord is thy shade upon thy right hand. 6 The sun shall not smite thee by day, nor the moon by night. 7 The Lord shall preserve thee from all evil: he shall preserve thy soul. 8 The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.”

1. He keeps my Steps. Vs 3a

“He will not suffer thy foot to be moved:”

The word “moved” indicates slipping, or stumbling.

Just as the Shepherd leads the flock along, our heavenly Shepherd guides our steps.

Psalms 37:23 The steps of a good man are ordered by the Lord: and he delighteth in his way.

2. He keeps me Secure. Vs 3b-5a

“he that keepeth thee will not slumber. 4 Behold, he that keepeth Israel shall neither slumber nor sleep. 5 The Lord is thy keeper:”

I can be secure through the night time, because we know that God does not sleep!

(III. Back in the days of WWII, the Germans were bombing London all night, every night. After one terrible attack, the people of London began to search through the rubble looking for the dead and the injured. After a while, all had been accounted for but one old grandmother, a Mrs. Smith. They searched everywhere for her and finally someone found her in her bedroom, asleep in her bed. They were shocked and asked her, "Mrs. Smith, how could you sleep with all those bombs dropping all around?" Her answer is priceless! She said, "Well, the Bible says that 'He who keeps Israel never

slumbers nor sleeps.' I decided there was no use in both of us staying up, so I just went to sleep and left it in the Lord's hands.")

3. He keeps me Shaded. Vs 5b-6

“the Lord is thy shade upon thy right hand. 6 The sun shall not smite thee by day, nor the moon by night.”

This word “shade” means defense.

If someone is going to shade my right hand, that means they have to be close to us!

A. He is with us during the Daytime!

“The sun shall not smite thee by day,”

The Sun can burn you.

B. He is with us during the Dark time!

“nor the moon by night.”

At night the Temperature drops, and the atmosphere is both uncomfortable and unhealthy.

In other words, God's got me covered!

Psalm 91:1-5 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. 2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. 3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. 4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. 5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

4. He keeps me Safe. Vs 7

“The Lord shall preserve thee from all evil: he shall preserve thy soul.”

The word “Preserve” in this text means to protect or to guard.

Psalm 73:23-26 Nevertheless I am continually with thee: thou hast holden me by my right hand. 24 Thou shalt guide me with thy counsel, and afterward receive me to glory. 25 Whom have I in heaven but thee? and there is none upon earth that I desire beside thee. 26 My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

He is going to take care of me from Earth to Glory!

5. He keeps me Steadfastly. Vs 8

“The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.”

A. This is **Evident** care.

“The Lord shall preserve thy going out and thy coming in”

The little phrase **“going out and thy coming in”** refers to the everyday activities of life.

B. This is **Everyday** care.

“from this time forth,”

C. This is **Eternal** care.

“and even for evermore.”