

**"FROM WHENCE COMETH YOUR HELP?"**  
(Psalm 121)

**Psalm 121 NKJV**

*121 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.*

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 The Lord is your keeper;

The Lord is your shade at your right hand.

6 The sun shall not strike you by day,

Nor the moon by night.

7 The Lord shall preserve you from all evil;

He shall preserve your soul.

8 The Lord shall preserve your going out and your

coming in

From this time forth, and even forevermore.

**Worship (Romans 12:1)**

**Definition:** \_\_\_\_\_ occurs when an  
\_\_\_\_\_ believer, \_\_\_\_\_ or  
\_\_\_\_\_ themselves in \_\_\_\_\_ to the  
\_\_\_\_\_."

**Benefits of the Yielded Soul (Romans 12:2):**

The \_\_\_\_\_ soul is posed for  
\_\_\_\_\_ by the \_\_\_\_\_ of  
their \_\_\_\_\_ and are able to \_\_\_\_\_ the  
\_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ will of  
God.

**Do you see your need? (2 Cor 12:9-10, 2 Cor 3:5-6)**

**What kind of help does God provide?**

**How does this apply to me?**