



The Traveler's Psalm

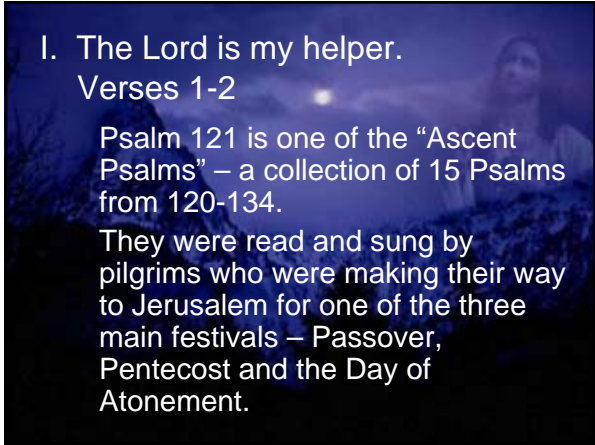
Psalm 121



Introduction:

Psalm 121 has been called "The Traveler's Psalm" by many people.

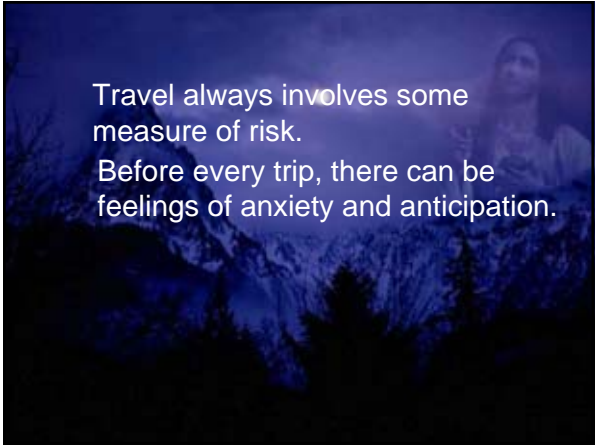
It is because of what it says about God's constant care and protection.



I. The Lord is my helper. Verses 1-2

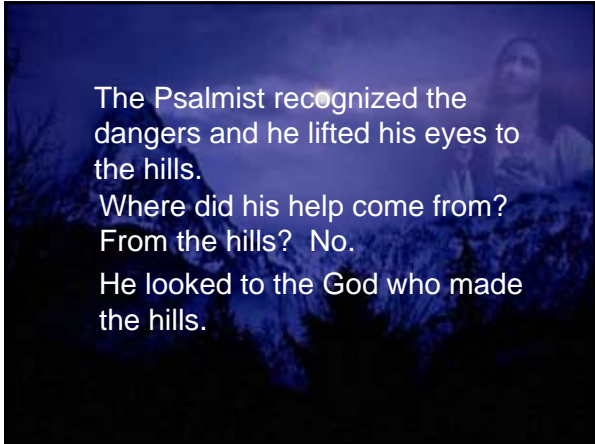
Psalm 121 is one of the "Ascent Psalms" – a collection of 15 Psalms from 120-134.

They were read and sung by pilgrims who were making their way to Jerusalem for one of the three main festivals – Passover, Pentecost and the Day of Atonement.



Travel always involves some measure of risk.

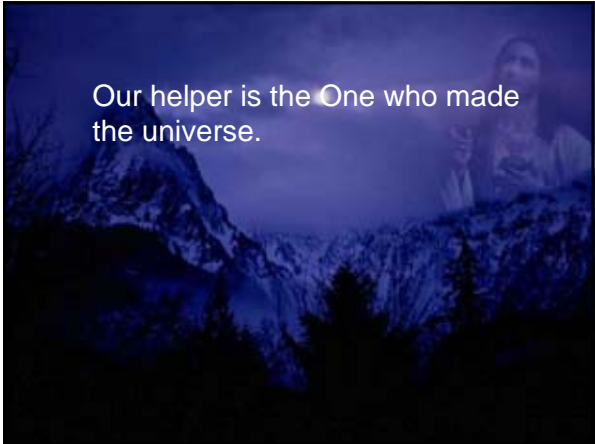
Before every trip, there can be feelings of anxiety and anticipation.




The Psalmist recognized the dangers and he lifted his eyes to the hills.

Where did his help come from?
From the hills? No.

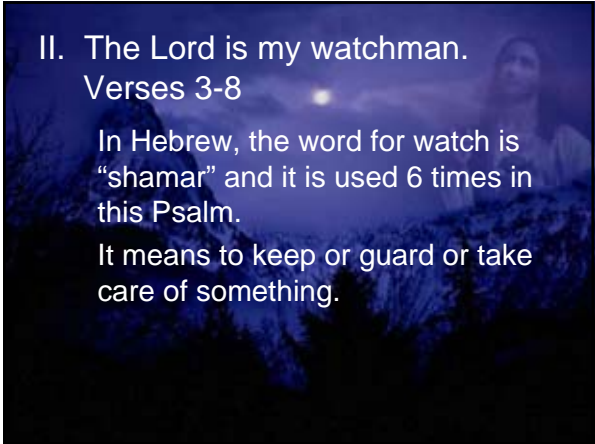
He looked to the God who made the hills.



Our helper is the One who made the universe.



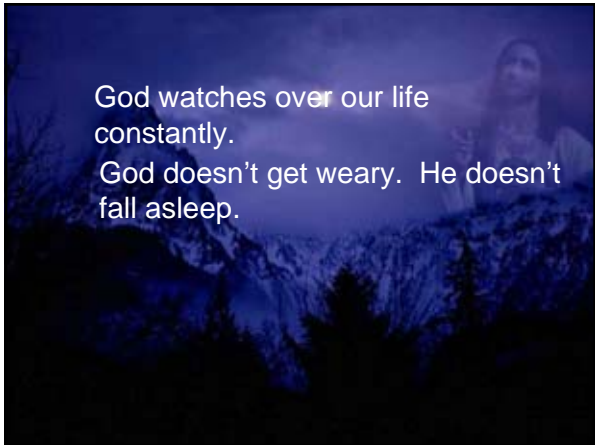
Life has risks. Travel has risks.
Ministry has risks.
We can't let that keep us from
doing what God wants us to do.



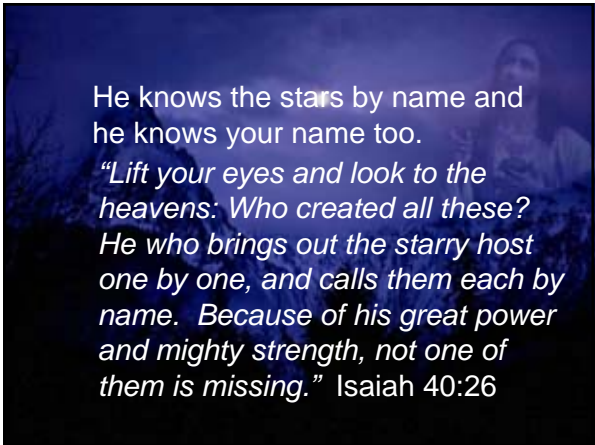
II. The Lord is my watchman. Verses 3-8

In Hebrew, the word for watch is
"shamar" and it is used 6 times in
this Psalm.

It means to keep or guard or take
care of something.

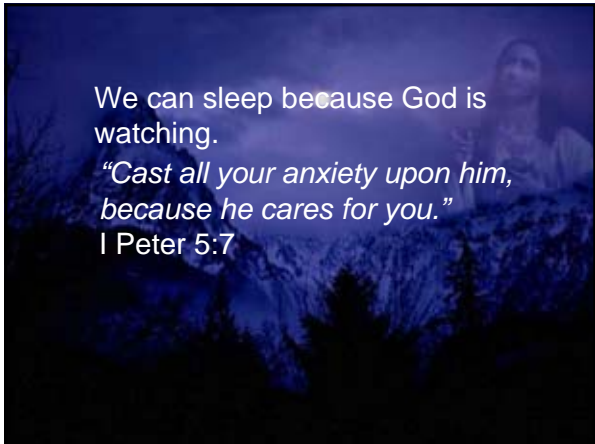


God watches over our life
constantly.
God doesn't get weary. He doesn't
fall asleep.




He knows the stars by name and
he knows your name too.

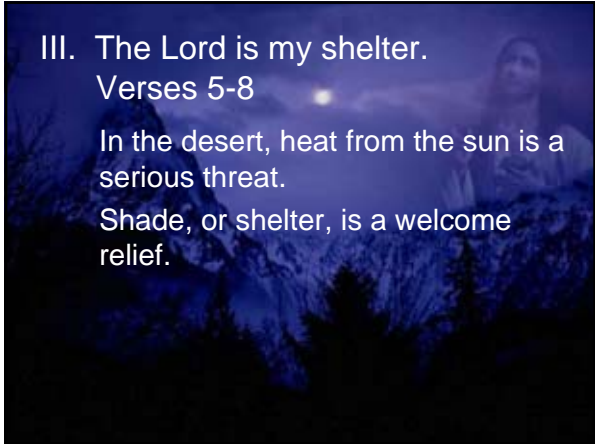
*"Lift your eyes and look to the
heavens: Who created all these?
He who brings out the starry host
one by one, and calls them each by
name. Because of his great power
and mighty strength, not one of
them is missing." Isaiah 40:26*



We can sleep because God is
watching.
*"Cast all your anxiety upon him,
because he cares for you."*
1 Peter 5:7




Give God the night shift. Learn to
put your worries in God's hands
and you will sleep much better.




III. The Lord is my shelter.
Verses 5-8

In the desert, heat from the sun is a serious threat.

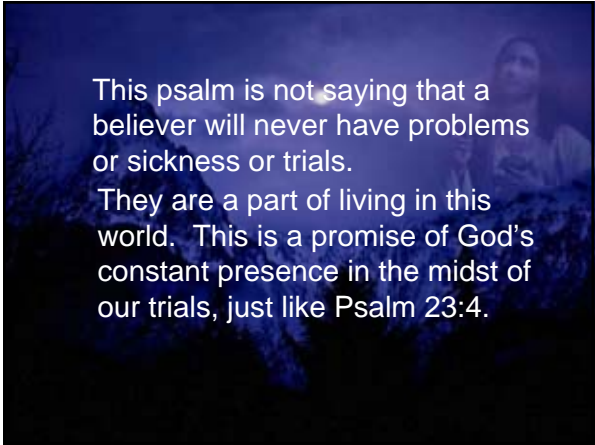
Shade, or shelter, is a welcome relief.



Darkness brings its own threats.

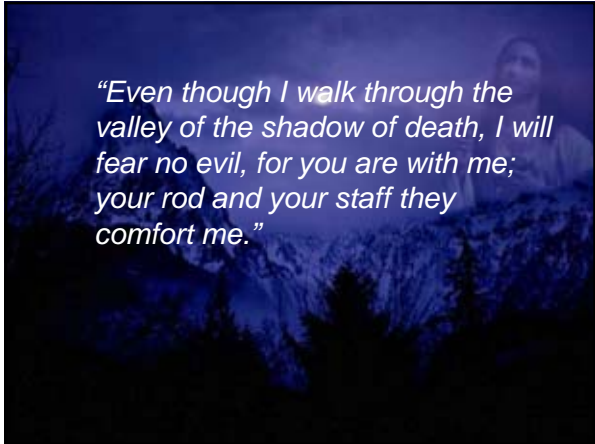


"The Lord will keep you from all harm."

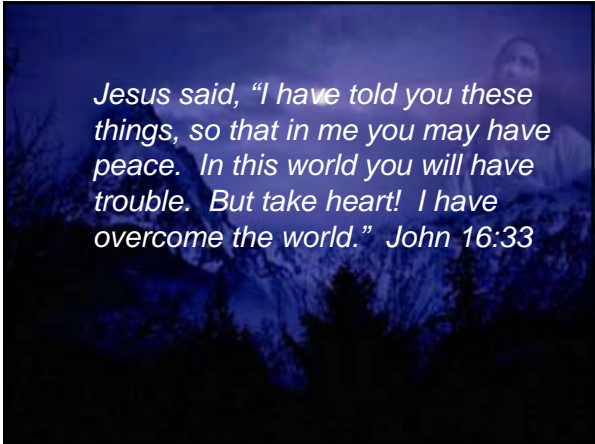


This psalm is not saying that a believer will never have problems or sickness or trials.

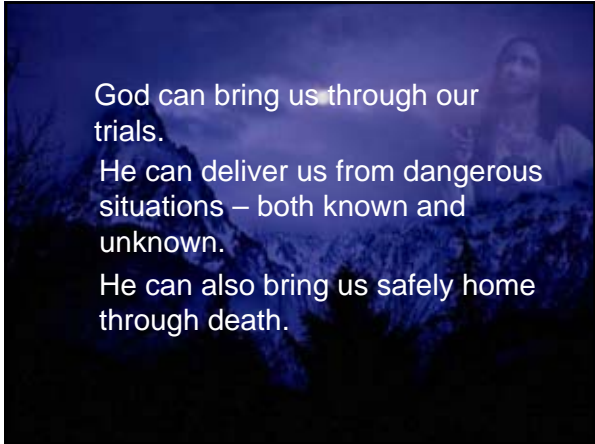
They are a part of living in this world. This is a promise of God's constant presence in the midst of our trials, just like Psalm 23:4.



"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me."

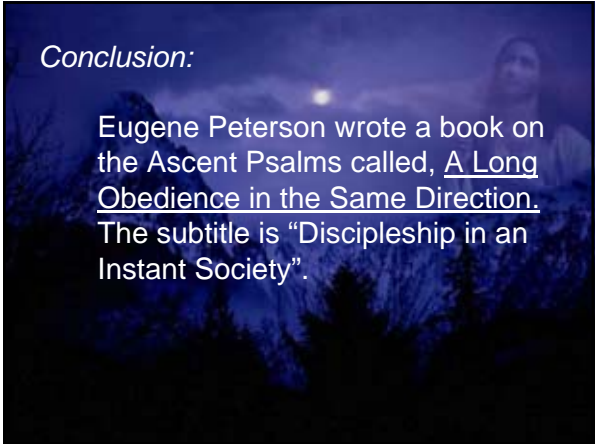


Jesus said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

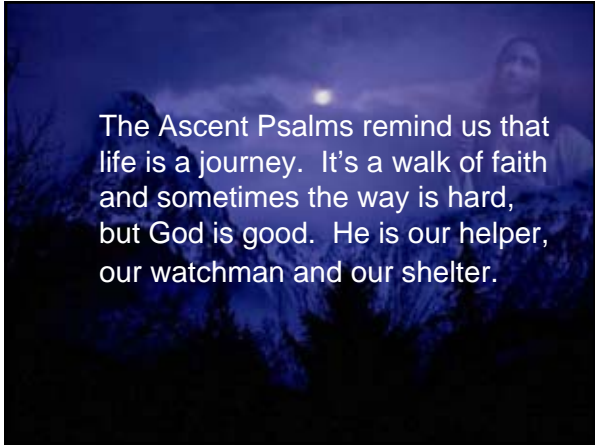


God can bring us through our trials.
He can deliver us from dangerous situations – both known and unknown.
He can also bring us safely home through death.


Conclusion:



Eugene Peterson wrote a book on the Ascent Psalms called, A Long Obedience in the Same Direction. The subtitle is “Discipleship in an Instant Society”.



The Ascent Psalms remind us that life is a journey. It's a walk of faith and sometimes the way is hard, but God is good. He is our helper, our watchman and our shelter.



The way is good when he is our traveling companion.