

It Is Better to Trust in the Lord

(Psalm 118:8)

Introduction:

1. In Psalm 118:8 the Bible places great value on "trusting in the Lord."
2. This morning we showed from Psalm 124 that God has blessed and protected His people who trusted in Him.
3. This evening we are showing from Psalm 121 that God will continue to bless His people who trust in Him.
4. In our lesson we are considering the 2 main points made in Psalm 121.
 - a. Verses 1-2 teach us that the Lord helps His followers who trust in Him.
 - b. We learn from vs.3-8 how the Lord helps His followers who trust in Him.

Discussion:

- I. (vs.1-2) THE LORD HELPS HIS FOLLOWERS WHO TRUST IN HIM
 - A. (vs.1) As God's people traveled toward Jerusalem and they saw the hills that surrounded the city, they could say, *"I will lift up mine eyes unto the hills, from whence cometh my help."*
 - B. *"The hills"* are mentioned in vs.1, but God's people recognized Him as their helper (vs.2).
 1. When they saw the hills they knew they were approaching Jerusalem.
 2. The great temple where the Jews worshipped was located in Jerusalem.
 3. As the hills came into view, they were reminded of their relationship with God, and they were reminded that He was their helper.
- II. WE LEARN FROM VS.3-8 HOW THE LORD HELPS HIS FOLLOWERS WHO TRUST IN HIM
 - A. Keep in mind that some of the Jews had to travel great distances to Jerusalem.
 1. They would be especially grateful for the help that God gave them as they traveled.
 2. God helped them in 2 ways: He protected them, and He preserved them.
 - B. (vs.3-6) God helps His followers who trust in Him by protecting them.
 1. (vs.3a) God protected the Jews by not allowing their feet to be moved.
 - a. Sure footing is essential to those who climb hills.
 - b. Palestine has a rough and rocky terrain, so sure footing was important.
 2. (vs.3b-4) He protected the Jews continuously.
 - a. God does not slumber or sleep.
 - b. This indicates that He is always attentive to the needs of His children.
 3. (vs.5-6) His protection is given during the day as well as during the night.
 - a. We face some hazards during the day, and we face others at night.
 - b. The Lord is always on call.

- C. (vs.7-8) God helps His followers who trust in Him by preserving them.
 - 1. (vs.7) God preserves His followers from all evil.
 - 2. This principle is repeated many times (Psalm 31:23; 145:20).
 - 3. (vs.8) The Lord's ability to preserve is dependable (Psalm 125:1-2).
- III. ALTHOUGH THIS PSALM WAS WRITTEN PRIMARILY FOR THE JEWS, THESE PRINCIPLES APPLY TO CHRISTIANS
 - A. The Lord stills helps His followers (Hebrews 4:16).
 - B. He helps His followers by protecting and preserving us.
 - 1. He will protect us.
 - a. He will protect us so we can avoid stumbling (Jude 24).
 - b. He will protect us continuously (Hebrews 13:5b-6).
 - 2. God will also preserve us.
 - a. This does not mean that we will never have to face things that are unpleasant, but He will not allow us to be tried above what we are able to bear (1 Corinthians 10:13).
 - b. The Lord's ability to preserve is dependable (1 Thessalonians 5:23).

Conclusion:

- 1. This morning we showed from Psalm 124 that God has blessed and protected His people who trusted in Him.
- 2. According to Psalm 121, God will continue to bless and protect His people who trust in Him.