



Sermon, Sunday February 5, 2023 “Where Does My Help Come From?”

SCRIPTURE: Psalms 121:1-8 ¹I lift up my eyes to the hills—from where will my help come? ² My help comes from the LORD, who made heaven and earth. ³ He will not let your foot be moved; he who keeps you will not slumber. ⁴ He who keeps Israel will neither slumber nor sleep. ⁵The 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 will keep you from all evil; he will keep your life. ⁸ The LORD will keep your going out and your coming in from this time on and forevermore.

Introduction: The most important thing is to live a life of trust and reliance on the Lord.

People receive help from others in their lives. Although the world has become dreary these days compared to the past, there are still many good people around us who want to help those in need. By the way, it is important for us to help and love each other and live together, but what is more important than this is to believe in and rely on the Lord.

Man often forgets how much the Lord liked his creatures after he created them. We forget that the Lord created human beings out of all the creatures in the world and was very fond of them. (Genesis 1:31) Dear brothers and sisters! Please don't forget how precious you and I are to the Lord. I hope we can trust and rely on the Lord more.

Today's Psalm chapter 121 is a song of pilgrims moving toward Jerusalem. The Israelites lived their daily lives and gathered in Jerusalem, where the temple was located, during important feasts. They arrived in Jerusalem by walking for as little as a week up to a month to gather at the Jerusalem Temple. In today's age of advanced roads and transportation, getting around is not difficult, but ancient Israel was challenging. So, it was painful for the Israelites to embark on a pilgrimage to the temple in Jerusalem. They had to pass through extreme wilderness, encounter ferocious wild beasts, and fall into puddles of water in the darkness of night. Today's text was written against such a background.

For believers, the path of pilgrimage symbolizes our life path. This is because there are many problems and difficulties in the narrow path that Christians must walk. However, if we trust and rely on the Lord who is our help, we can walk the pilgrimage well. I hope the words of today's psalm will give us comfort and strength to overcome the difficulties of life. Then, through today's text, what words of comfort does the Lord give us?

Body: Words of comfort from the Lord to us walking the path of pilgrims

1. The Lord who helps us in trouble

First, the Lord helps us in tribulation. **Psalm 121:1-2 says: “I lift up my eyes to the hills — from where will my help come? My help comes from the Lord, who made heaven and earth.”**

In this verse, the psalmist says, 'Lift up my eyes to the hills'. The reason why the psalmist expressed it like this is because Jerusalem is a city located on the central mountain range of Palestine at an altitude of 2,592 ft



(790 meters) above sea level. Furthermore, the Jerusalem Temple is located on Mount Moriah, where Abraham offered Isaac. So, when the Israelites went on a pilgrimage to Jerusalem, they looked up to the sky. However, there is a more essential meaning than the fact in this passage. It means that during the tribulations of our lives, only the Lord can solve our fundamental problems. **So David, who lived during tribulation, confessed in Psalm 143:6, "I spread out my hands to you; my soul thirsts for you like a parched land."**

This verse shows King David earnestly praying to the Lord to move from pain and tribulation to peace and rest. A similar confession can be found in 2 Corinthians 4:8 in the New Testament. **In 2 Corinthians 4:8, the Apostle Paul confesses; "We are hard pressed on every side, but not crushed; perplexed, but not in despair."**

In this way, the mature faith of King David and the Apostle Paul, as shown in the Bible, challenges us. We face many problems and difficulties in real life. And these problems surround and block us like great mountains. Drug addiction, gambling, sexual abuse, poverty, domestic violence, inferiority, guilt, inner wounds, disease, and many other problems are among us.

Psalm 62:1-2 says: "My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress; I will never be shaken."

Dear brothers and sisters in Christ! Even if the situation we face is difficult and many problems lie in front of us, do not despair, but lift your eyes and look to the Lord who helps us.

Isaiah 40:31 says, "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." In this world, there are various ways and means to help solve the problems of our lives, but I hope that we can pray earnestly toward the Lord who helps us to solve our fundamental problems. Then, what is the second word of comfort that the Lord gives through today's text?

2. The Lord who keeps us in any situation

Second, the Lord watches over us in any situation. How does the Lord protect us in our lives? The Lord will not let our foot slip. (Psalm 121:3) In our daily lives, we face various causes for our foot to slip. However, the Lord keeps us safe from falling into bad circumstances, sinning, and meeting evil people. Also, He keeps our lives in advance so that we do not hurt the other person due to our words or hurt ourselves because of the other person's words.

Also, the Lord is our best protector. (Psalm 121:4-7) That is why He protects us with eyes like flames. We experience every day in our lives as a parent (or in a guardian role), which is not an easy task. Good parents do not leave their young children alone. The Lord, our best protector, will not neglect us under any circumstances. However, there are people around us who are addicted to gambling, games, and alcohol and neglect their children.

Also, good parents do their part when their children really need them. So, in today's text, the Lord says that He becomes a shade for the Israelites on the hot wilderness road. However, unlike such a Lord, we often do not know what our children really want in their parents for their life. But unlike us, the Lord knows our needs better than we know them ourselves.

Furthermore, today's text describes that the Lord neither slumbers nor sleeps but watches over us. College entrance exams in South Korea are very difficult, and entering a prestigious university can give children a good chance for the future, so both parents and children in families who are about to take the college entrance exam make great efforts on the college exam.

Some enthusiastic parents, when their children are preparing for college entrance exams studying until 12:00 midnight or 1am in the morning, stay awake in the living room until their children finish studying and fall



asleep there. However, no matter how passionate parents are, they cannot always watch over their children without slumbering or sleeping like the Lord describes in today's text.

As today's text describes, the Lord is the best protector of our lives. But what really matters here is whether we accept and rely on the Lord as our best protector or not. What is your answer to this question?

Finally, today's text clearly states that the Lord will keep your going out and your coming in from this time on and forevermore, and will also keep your life and souls. (Psalm 141:7-8)

In Psalm 48:14, the psalmist confesses, "For this God is our God for ever and ever; he will be our guide even to the end." Also, Psalm 23:6 says, "Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever."

Nothing in the world can stay with us forever and protect us. Only the Lord can keep us forever. Therefore, the important thing is to trust in the Lord who can protect our lives to eternity. I hope all of you seek such faith from the Lord.

Conclusion: May our faith in the Lord grow more.

Now let's summarize today's message. As we walk the pilgrim's path, is there an insurmountable mountain before us? Whom do you and I turn to for help in overcoming difficult situations? Have you decided to do nothing and give up because the situation ahead of you is so overwhelming?

Today's Psalm chapter 121 tells us what to do in such a situation. The Lord is the one who helps us in any situation and protects us through eternity. What matters to us is that we believe and rely on His promises. May our confidence and trust in the Lord come more abundantly to us through the Holy Spirit.

