

Kept by the Lord > Psalm 121:1-8

121:1-2 *Where help is found.* Where do you look for help? Is it to the One who made the heavens and the earth? We need the Lord to care for us not only in the crises of life, but also in our day-by-day existence as we trust and follow Him.

121:3-4 *The Lord watches.* The Lord's help comes in two forms. The first, here, is that He watches. He sees, He knows, He is aware. The Lord is not asleep at His post. He isn't a stranger to the realities of your life and mine.

121:5-8 *The Lord keeps.* That the Lord watches is a good thing, that He keeps us is a magnificent blessing. His watch over us turns to actions that benefit us. Though we go through many trials and hardships in this life, none are so powerful as to remove us from His hand or sovereign plan.

Background: The Psalms of Ascent are thought to have been recited or sung as Jewish pilgrims approached Jerusalem for the various festivals and feasts throughout the year.

The Point: God cares for His people. He watches over, guides, and protects them as they go about serving Him.

Head: Know that God watches. In Christ, the Lord's care is shown to be real, tangible, and eternal.

Heart: Believe that the Lord cares for our lives. Your and my day-to-day existence matters to the King of the Universe!

Hands: How will you trust in the Lord's vision and care this week? Who can you help to see Christ's care for them?

Here is how I will apply these truths: _____
