

BIBLE STUDY

PSALM  
121  
DEEP DIVE

MEDITATING ON THE WORD

Psalm 121 is one of the popular psalms we read and recite, and this series we are going to do a deep dive, looking at the chapter verse by verse.

Why do a deep dive? Because when we rush through scripture, we may lose the depth and riches that are locked in it. The Lord tells us to meditate on His word day and night (Psalm 1:2) and meditation involves thinking through, dissecting and reviewing the scripture by the help of the Holy Spirit as He gives us understanding. It is the understanding of the word we receive that transforms our lives.

Our prayer is that the Lord will reveal the riches of His word to us and give everyone reading a personal revelation of who He is.

Stay connected.



## Day 1 Lifted Eyes

“I will lift up my eyes to the hills— From whence comes my help?”  
Psalms 121:1

When the psalmist wrote this verse he was asking a question – where will help come from? Before a person asks such as a question very likely the person has looked around and there doesn't seem to be a chance of help coming from anywhere, leaving that person with no choice but to look 'up'. Where could help possibly come from? Perhaps the person was facing such an impossible, tough situation that seemed to defy any form of answer. Things were not going as planned and the expected sources of support weren't coming through. Where will my help come from?

“We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.” 2 Corinthians 4:8 NLT

We may have asked ourselves that question at some point – “Where will my help come from”? Challenges seem to be pouring out in great frequency and we may be wondering what exactly is going on? Sometimes we may even wonder why we're going through these things in the first place?

““I have told you these things so that you won't abandon your faith... I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”” John 16:1, 33 NLT

Jesus said something critical to us in the verse above - there will be many (not a few) trials that we're going to face in life. He never promised us a trouble-free life. But the beauty is that His statement doesn't end at the challenge level, He also gives us the solution. Jesus has overcome the world, therefore we are guaranteed to have victory provided we don't look to ourselves. Looking up isn't throwing your hands in the air and giving up, it's taking a step of faith the say to yourself, “I will take my eyes off myself and my situation and seek the Lord for a solution”.

**Prayer:** Lord, please help me remember whenever I'm going through issues that I shouldn't be overwhelmed or fall into despair because you have guaranteed me victory. Whenever a challenge arises, please let my first step be to look up to you.

## Day 2 Lordship

“My help comes from the Lord, who made heaven and earth!” Psalms 121:2 NLT

In answer to the question, “where does my help come from?” the psalmist makes it clear to us that his help comes from the Lord, the maker of heaven and earth. This qualification is important because it tells us two things. First is that there are many things we can make ‘lords’ in life. Second is that this particular lord isn’t like any other.

“This is what the Lord says: “Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the Lord.” Jeremiah 17:5 NLT

“...We rely on what Christ Jesus has done for us. We put no confidence in human effort”  
Philippians 3:3 NLT

Sometimes we trust in material things: who/what we know, how much we have in the bank, our careers, etc. When we depend on these, we make them lord over our lives because we have given them power over us. Jeremiah shared some very strong words concerning trusting in people, because people will always fail in some form. We should always remember that the Lord alone is the source of all the things you need. In and of ourselves alone, people are quite limited. Someone may promise and fully intend to keep that promise and adverse circumstances may arise to prevent that promise from being kept. Anything can happen.

“But joyful are those who have the God of Israel as their helper, whose hope is in the Lord their God. He made heaven and earth, the sea, and everything in them. He keeps every promise forever.” Psalms 146:5-6 NLT

When we put our trust in God, we’re putting it in one who has a proven track record and who has the power to alter any circumstance. He is the Eternal One who keeps His promises forever. So if you had this option, why choose to trust in man? It’s usually because we don’t really know who God is and what He can do. When we have that revelation, we won’t even consider trusting in people.

**Prayer:** Lord, give me a revelation of who you are so I can really put my trust in you.

## Day 3

### Security and Stability

'He will not allow your foot to be moved; He who keeps you will not slumber.' Psalms 121:3

The psalmist shares this wonderful truth with us: the Lord will not allow our foot to be moved. Why is this good news? Our feet move us from one point to another, so this part of the verse speaks to the path we take and what takes charge over our lives. This means that the Lord will not give permission to anything untoward to have authority over us. It's only what He permits that should happen in our lives. If the Lord wasn't in charge, circumstances in life could cause us to slip, stumble and have a very unsteady walk with Him and in our journey through life.

'Then you will walk safely in your way, and your foot will not stumble.' Proverbs 3:23

'For the Lord will be your confidence, and will keep your foot from being caught.' Proverbs 3:26

As we yield to and rely totally on Him, the Lord ensures that we will not stumble or walk into the snares of the enemy. Any time something is planned against us, He preserves us from falling prey to the enemy. He keeps us safe, steady and secure in spite of all the issues we may face in life so that we continue walking with Him all our days.

'I will instruct you and teach you in the way you should go; I will guide you with My eye.' Psalms 32:8

The God we serve is so diligent in watching over us that He not only gives us stability, He also watches over us ceaselessly to ensure our preservation. His love for us is so deep that He doesn't ever take His eyes off us. We have the firm assurance that His eyes are always on us, guiding us, preserving and protecting us. He also instructs and teaches us how to move so that our standing in Him remains firm.

**Prayer:** Lord I thank you for the depth of your love for me that keeps me steady and secure in you. I thank you that I am guaranteed of my security in you. Help me to keep my confidence in you alone.



## Day 4

### Confidence

'The Lord himself watches over you! The Lord stands beside you as your protective shade.'  
Psalms 121:5 NLT

The Lord, the maker of heaven and the earth, giver of life, sustainer of everything seen and unseen, has taken it upon Himself to watch over you. The Master of all watches over every detail of your life – what was, is and is to come. Beyond watching over you He also stands by you as your protection. Everything has to come past Him first before it can get to you. How comforting is that?

'Have You not put a hedge [of protection] around him and his house and all that he has, on every side? You have blessed the work of his hands [and conferred prosperity and happiness upon him], and his possessions have increased in the land.' Job 1:10 AMP

When the Lord stands as our shade, His presence becomes a hedge of protection and preservation around us. He keeps everything about us in His care and watches over us the way a shepherd watches over his sheep making sure that nothing negative happens to us.

'What then shall we say to these things? If God is for us, who can be against us?' Romans 8:31

'You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.' I John 4:4

In addition to this, shade gives us comfort even in times of inclement weather. Regardless of what may be going on around us, we are assured of His presence, therefore we can boldly face anything confronting us. Imagine a small child walking around with a giant and muscular bodyguard. Anyone trying to challenge the child knows that they will have to tackle the bodyguard. When that child comes across something too heavy for him to carry and asks the bodyguard for help, he will definitely take on the weight for the child. This is how we're supposed to function. Moving boldly and confidently before men and the world, but constantly humbling ourselves before God and asking for His help in every area. He's already promised that He will do it and He will never renege on His promise.

**Prayer:** Lord please help me always remain humble before you so you can be strong on my behalf.

## Day 5 Protection

'The sun shall not strike you by day, nor the moon by night.' Psalms 121:6

On the face of it this sounds like a strange statement. How and why would the sun or moon cause any form of injury? Aren't they just supposed to provide light during the day and night? It's important that we remind ourselves that even though we live in the flesh, there is an unseen realm that is always in operation and it's always the unseen realm that controls what we see in the physical.

'Day after day pours forth speech, and night after night reveals knowledge.' Psalms 19:2

'Let those who are experts at cursing— whose cursing could rouse Leviathan — curse that day.' Job 3:8

'Through the Lord 's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness.' Lamentations 3:22-23

There is a blessing that accompanies everyday by God's grace. The Bible assures us that His mercies and compassions are brand new every morning. However, we should not be unwary of the devices of the enemy. So while we're aware of God's mercies, we're also aware that there will be those who will be speaking negativity into the day – the Bible calls them those who are experts at cursing the day.

Regardless of whatever the devices the devil may deploy, we have the comfort and assurance that the protection of the Lord covers us and we need not fear. Not only do we not fear, we have the authority in Christ to cancel anything that has been said concerning us that is contrary to God's plans for us. So let us become experts at blessing our day by enforcing God's promises over our lives by declaring His promises.

**Prayer:** Lord your word says no evil shall befall me and no weapon formed against me shall prosper. I stand on the authority of your word and I bless my day. I speak your goodness, favour, grace and mercy into the day and I declare that it is the Lord's counsel alone that will stand and that all I do today is blessed.

## Day 6 Preservation

'The Lord shall preserve you from all evil; He shall preserve your soul.' Psalms 121:7

It's critical we understand that our soul is of paramount importance to the Lord. Jesus Himself said there's no point gaining the entire world and losing our souls (Mark 8:36). But because we are still on this side of eternity, he understands that we need help with the preservation of our souls.

'Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.' I Thessalonians 5:23

Our ultimate goal as believers is to be conformed to the image of Christ, so that at the time of His coming we will be blameless and unashamed. What are the things that could cause shame – weights, the recurring sins that we may find difficult to let go of, bitterness, unforgiveness, etc. The Lord is assuring us that as we look to and align with Him, He will help to sanctify every aspect of us so that we are preserved blameless until He returns. The point is not be ready only at the end, but to live ready which will be impossible to do in our strength alone.

'... Occupy till I come.' Luke 19:13

'... to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God' Colossians 1:9-10

As we look forward to the return of Jesus, we are to use our gifts and skills wisely in a manner that brings glory to the Lord. To be effective, we have to know what His will is so we don't do things that are contrary to His plans and so we can have the impact He wants us to have. But all the good works would be of no effect if we don't pay attention to the state of our souls and intimacy with the Lord.

We know that Jesus alone has the capacity to sanctify us, we can never achieve this in our natural strength alone. So let's consciously ask the Lord to preserve our souls on a daily basis, let's not gain temporary things and lose what is really important.

**Prayer:** Lord please help me always remember not to neglect my soul because of the legitimate pursuits of life. Preserve my soul blameless unto the very end Lord.



## Day 7

### Prayer

'Whatever you do and wherever you go, the Lord will always keep you safe, now and forever.' Psalms 121:8 Easy

The closing verse of this psalm captures God's heart towards His children – He longs to protect, preserve, watch over us all our days. He doesn't want anything to separate us from Him and so He gives us the grace through the power of the Holy Spirit to live in a manner that pleases Him. He understands our frailty as flesh and so leaves room for us to come back to Him very quickly should we go astray. He is our Father and He loves us deeply.

His love is unconditional and unending, but we may rob ourselves of the opportunity to experience the fulness of this love and the power He makes available to us if we trivialize our walk with Him. Trivializing doesn't mean we suddenly don't acknowledge Him as God, rather it happens when we allow other things to take His rightful place as Lord over every aspect of our lives. The busyness of life creeps in, the legitimate issues that seem to want to overwhelm us. And sometimes we get so caught up in these that we may forget that the real provision, the peace, the protection we're looking for all starts with spending time with Jesus.

'Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.' Mark 1:35

Jesus gives us a template of how to start our day – with prayer. It's in the place of prayer that we take things out of our hands and put them in God's hands. It's in prayer that we set the right priorities for the day, receive guidance, direction from the Lord on what to do so we are protected and preserved. It's in the place of prayer that divine solutions are activated and sound wisdom accessed so we will always have provision. Prayer is what ties all these things together, for a believer prayer is our oxygen.

**Prayer:** Let's ask that the spirit of prayer rests upon us so talking to the Lord about everything becomes second nature to us and we always yield to Him as Lord over our lives.



Thank you for completing the study. We'll love to hear from you, so please connect with us on:

[Instagram](#)

[Facebook](#)

Or send us an Email: [aheartofwisdom@gmail.com](mailto:aheartofwisdom@gmail.com)

©Aheartofwisdom

