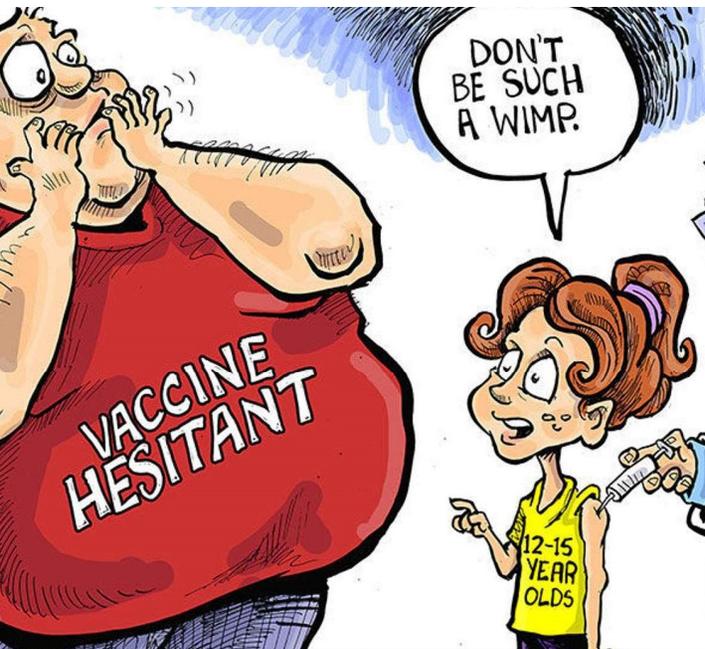


***Lift Our Eyes Up
To the Lord Our Keeper***

Psalm 121

*Meditating &
Praying the
Psalms*

A close-up photograph of a person's hands resting on an open Bible. The hands are positioned in a prayerful or meditative gesture, with fingers slightly curled. The Bible is open, and the text is visible on the pages. The lighting is soft, highlighting the texture of the paper and the skin of the hands. The background is dark, making the hands and the Bible stand out.



Praying Our Help in Pandemic

***Where are your eyes
looking at in times of trouble?***



SONGS

FOR THE

JOURNEY

The Psalms of Ascents

Psalm 120-134

Psalm 121

***Lift Our Eyes Up To
The Lord Our Keeper***

Stepping Stones to God's Heart

Songs for our Life and Journey towards God

Psalm 121

***¹ I lift up my eyes to the hills—
where does my help come from?***

***² My help comes from the LORD,
the Maker of heaven and earth.***

***³ He will not let your foot slip—he who
watches over you will not slumber; ⁴ indeed,
he who watches over Israel will neither
slumber nor sleep. ⁵ The LORD watches over you—
the LORD is your shade at your right hand;
⁶ the sun will not harm you by day,
nor the moon by night.***

***⁷ The LORD will keep you from all harm—
he will watch over your life; ⁸ the LORD
will watch over your coming and going
both now and forevermore.***

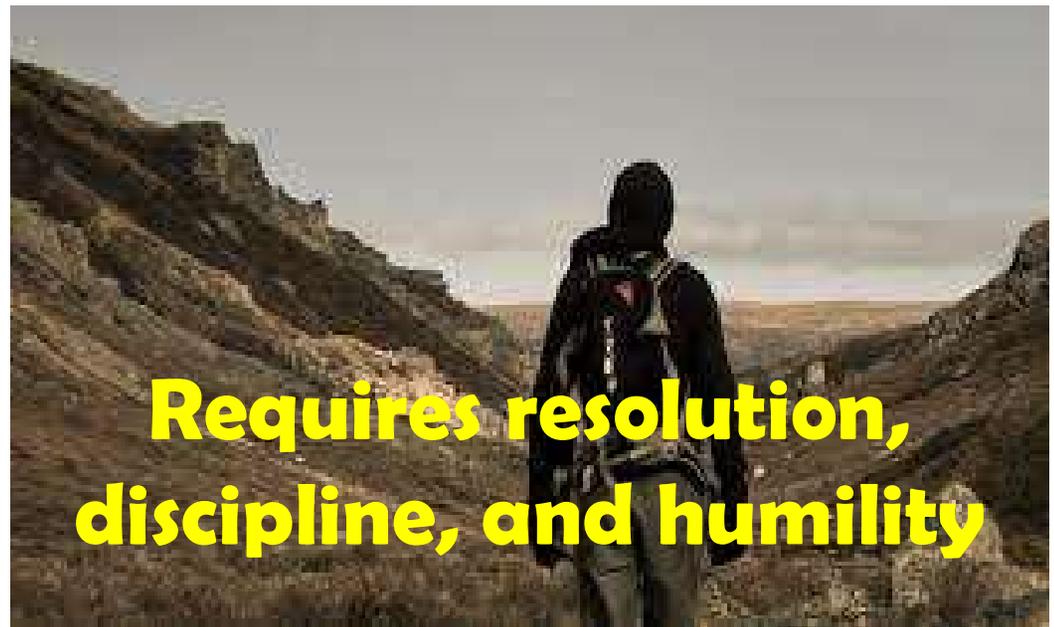


Lift Your Eyes Up

*¹ I lift up my eyes
to the hills—where does
my help come from?*

A Prayer Look Upward Gaze

*If you want to be
delivered, look up.*



**Requires resolution,
discipline, and humility**

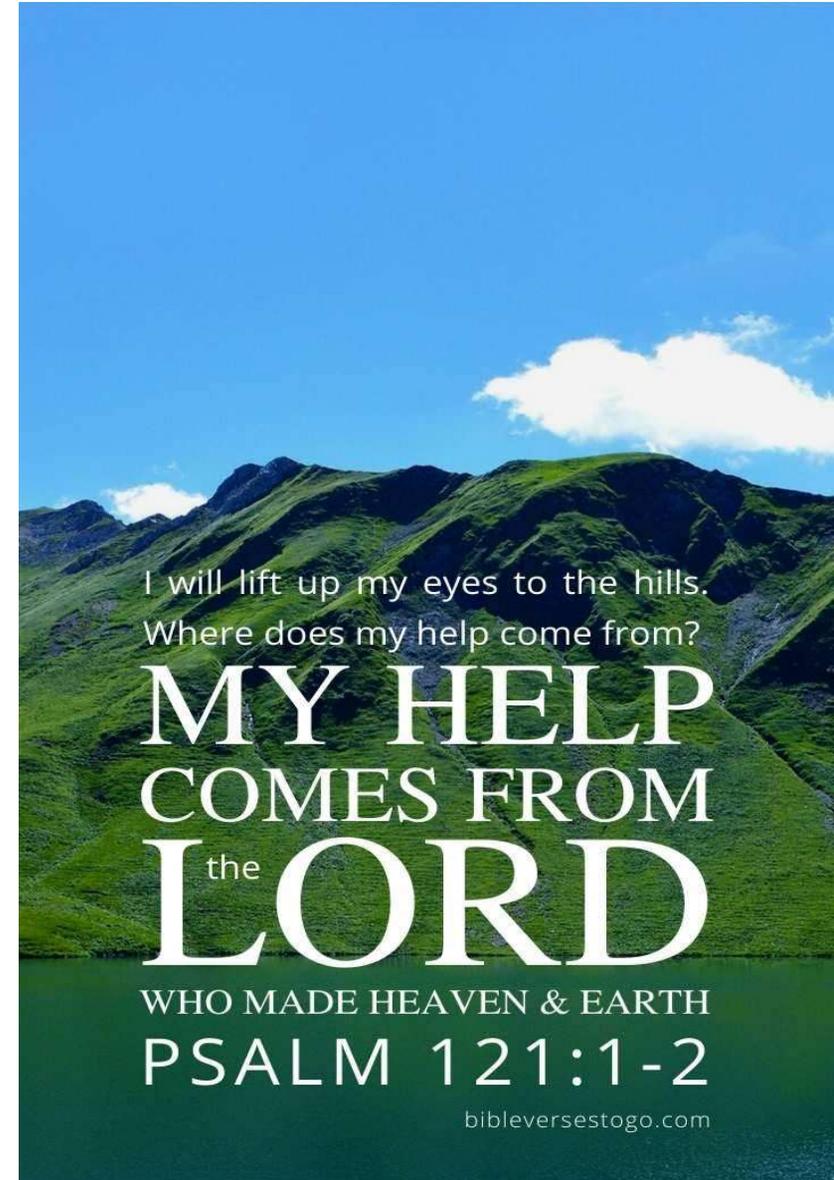
**Our Help Comes
from the Creator**

***² My help comes from the LORD,
the Maker of heaven and earth.***

Not Creation

Look beyond the hills

**The Almighty God
Creator of Everything
The Source of Our Help**

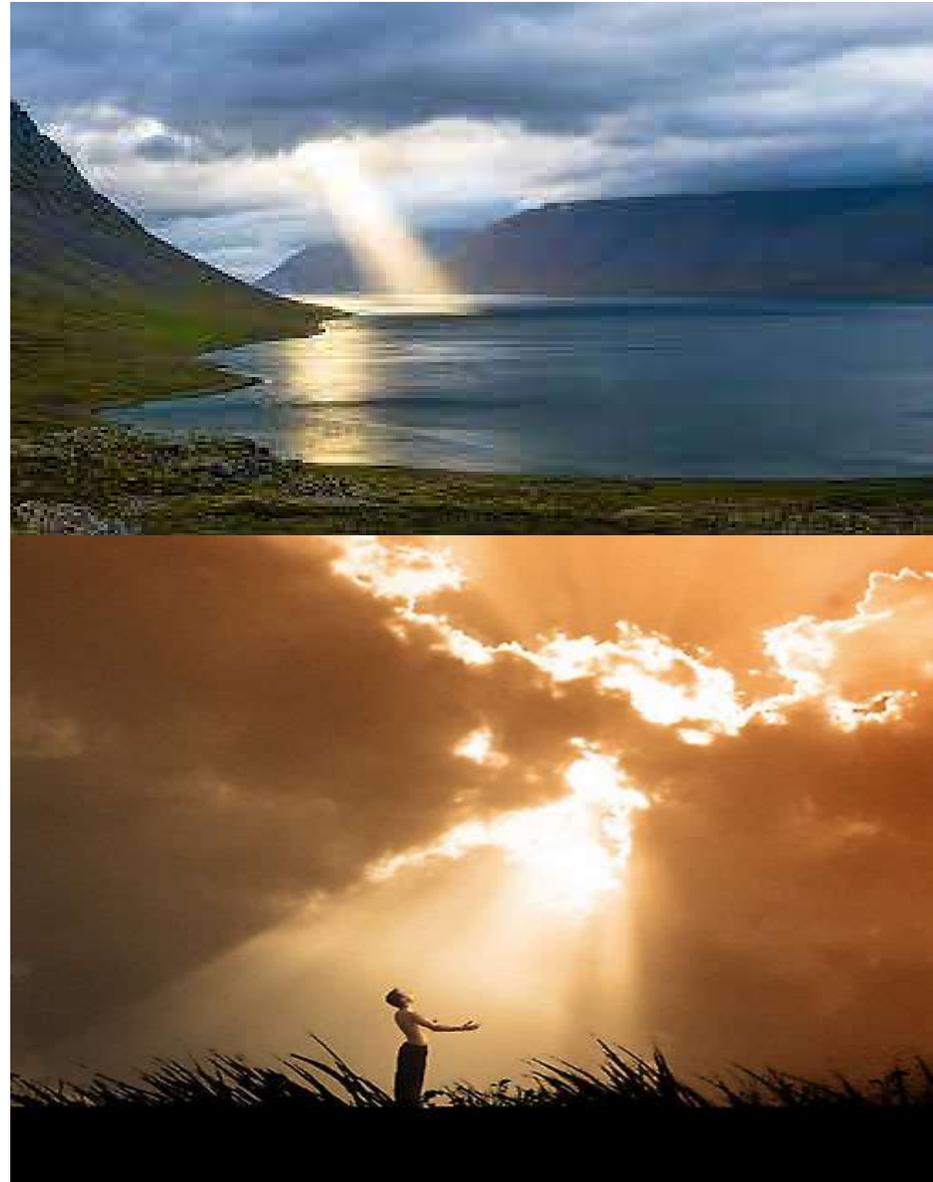


V3-8 He is
Our Protector

**The Lord is Your Keep
Your Keeper**

*LORD X5, Covenantal God
Described as Keeper X6*

Hebrew word '**keep**' is
'*shamar*' means **keep,**
watch, protect, guard.



The Lord Our Keeper

He is Our Eyelid

The root word for
'keeper' in Hebrew is
'eyelid' over the eyes

We are Apple of His Eyes

Psalms 17:8

*Keep me as the apple of your eye;
hide me in the shadow of your wings*



He keeps His eyes on your foot

***³ He will not let your foot slip—
he who watches over you will
not slumber; ⁴ indeed, he who
watches over Israel will
neither slumber nor sleep.***

**His Full Attention
He is Sleepless**

***Keeps us from falling physical
and spiritual - faithful.***



Keep the light **over your head**

⁵ The LORD watches over you—the LORD is your shade at your right hand;

*⁶ the sun will not harm you by day,
nor the moon by night.*



Keep and Preserve you from Evil

⁷ The LORD will keep you from all harm—he will watch over your life;

⁸ the LORD will watch over your coming and going both now and forevermore.

He watches over our life

Temptations & Harm

from the enemies

Now and into Eternity



He is Our Redeemer

**We are forever saved
and safe in his arm**

**Peace over Panic
Wisdom and Confident
of the Lord**

**Our Boat will not Sink
in the Storm**

No trouble can come inside us



Praying Help in the Pandemic

***Look up to Him humbly with
trusting expectation of His Help
For Provision and Protection***



Psalm 121

Look Up to God for help

All problems – Big or Small

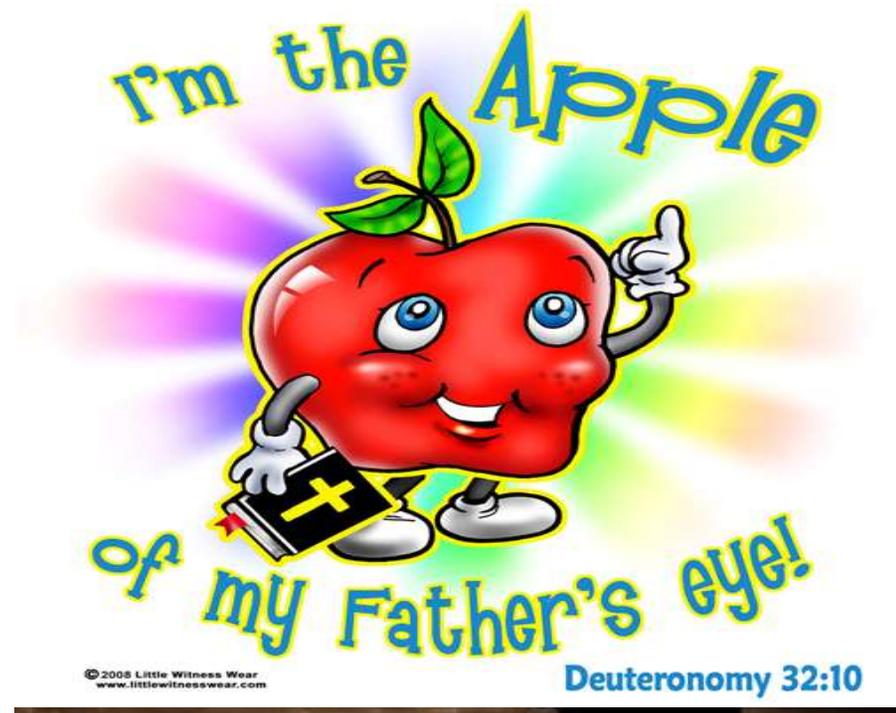
He is the Almighty God

Source of Our Help

He is Our Keeper

He is Our Protector

He is Our Redeemer



When the relief is slow or fail to come

Look up to God

Wait upon Him.

Be attentive to His leading.

Psalm 123

¹ I lift up my eyes to you, to you who sit enthroned in heaven.² As the eyes of slaves look to the hand of their master, as the eyes of a female slave look to the hand of her mistress, so our eyes look to the LORD our God, till he shows us his mercy.



Psalm 131

Trust and Contentment

¹ My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

² But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.

***We can be at peace
and be contented.***



Psalm 121

***¹ I lift up my eyes to the hills—
where does my help come from?***

***² My help comes from the LORD,
the Maker of heaven and earth.***

***³ He will not let my foot slip—he who
watches over me will not slumber; ⁴ indeed,
he who watches over Israel will neither
slumber nor sleep. ⁵ The LORD watches over me—
the LORD is my shade at my right hand;
⁶ the sun will not harm me by day,
nor the moon by night.***

***⁷ The LORD will keep me from all harm—
will watch over my life; ⁸ the LORD will
watch over my coming and going
both now and forevermore.***



**Our Help has
Turned into Hope**

*³ Israel, put your hope in the LORD
both now and forevermore.*

From Help to Hope



Our Hope in God with His Abiding Peace