

## WHO HAS YOUR BACK WHEN LIFE IS HARD?



### Psalm 121 New Living Translation

A song for pilgrims ascending to Jerusalem.

I look up to the mountains—  
does my help come from there?  
My help comes from the Lord,  
who made heaven and earth!

He will not let you stumble;  
the one who watches over you will not slumber.  
Indeed, he who watches over Israel  
never slumbers or sleeps.

The Lord himself watches over you!  
The Lord stands beside you as your protective shade.  
The sun will not harm you by day,  
nor the moon at night.

The Lord keeps you from all harm  
and watches over your life.  
The Lord keeps watch over you as you come and go,  
both now and forever.

### **Be aware of the dangers along our Journey:**

1. Stumble or trip.
2. Too long in the sun leads to \_\_\_\_\_. (Fill in on screen only = Sun Stroke)
3. Dehydration, exhaustion, exposure to the elements can lead to what ancient writers called \_\_\_\_\_. (Fill in on screen only = Moon Stroke)

Safe to say we can update the list of dangers to include things like:

- Pandemics
- Breakdown of law and order, followed by riots and chaos
- Accidents- from car crashes to falling off a step-ladder

### **The Psalmist declares:**

- God won't let you stumble
- God's your guardian.
- He shields you from sunstroke.
- Protecting you from moonstroke.

NLT translates it: "I look up to the mountains- does my help come from there?"

NIV translates it: "I lift my eyes up to the hills - where does my help come from?"

### **1 Corinthians 10:13 New Living Translation**

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

### **Providence = The protective care of God.**

### **Psalm 121:7-8 New Living Translation**

The Lord keeps you from all harm  
and watches over your life.

The Lord keeps watch over you as you come and go,  
both now and forever.

### **Psalm 121:7-8 Personalized**

The Lord keeps me from all harm and watches over my life.

The Lord keeps watch over me as I come and go, both now and forever.

"All the water in all the oceans cannot sink a ship unless it gets inside. Nor can all the trouble in the world harm us unless it gets within us. That is the promise of the Psalm: God guards you from every evil." - Eugene Peterson



REAL LIFE CHURCH

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