

Fear is a common experience for all of us at all ages, though the reasons will vary. The attempts of people to find safety or escape from that which they fear may also vary. In Psalm 121 the psalmist affirms that we can trust the Lord to help and protect His children. In doing so he answers two of our questions: ‘why can we trust Him to help and protect?’ and ‘how will He help and protect us?’

**I. *The LORD’s character explains why we can trust Him to help and protect (1–4).***

1. *The LORD is all-powerful as Creator (1–2).*

As the psalmist looks to the hills around him, he affirms that his only real help comes from Jehovah-God, the Creator of the universe. The idolatrous “high places” of the hills might offer false hope, the mountainous journey might offer traveling dangers, the hills themselves might represent long-term stability, but it is the Creator of those hills and of everything else who gives true help.

2. *The LORD is all-attentive (3–4).*

Unlike pagan gods who might sleep or be otherwise preoccupied (cf. 1 King 18:27), or modern deism in which God has created but then left the world on its own, Jehovah-God never sleeps. The same God who consistently watched over and protected Israel, from the time the nation was promised through all her difficulties, is the God who watches and protects you.

Isaiah 40:25–28 affirms the same truths. No one or no thing is equal to the holy Creator-God. He does not tire; He is eternal and His wisdom is beyond our comprehension. You can trust Him to help and protect.

**II. *The LORD’s care is described, explaining how He will help and protect (5–8).***

The Lord's care extends to all times because He is all-attentive and it extends to all situations because He is the Creator-God.

1. *The LORD protects day and night (5–6).*

Like a shade from the hot sun, the LORD is near to protect from danger whether in the day or at night.

2. *The LORD will protect your soul from all kinds of evil (7).*

The psalmist moves from the current dangers of a Jerusalem pilgrimage to “all evil.” (“Evil” is probably better in this context than the NIV’s “harm”.) In light of the trials which came upon OT saints (cf. Hebrews 11:35b–38), it is better to understand “life” (or “soul”) in the broadest sense of one’s eternal life. Jesus said that life (lit., “soul”) is more than food and clothing (Matt 6:25; Luke 12:23). He did not offer a comfortable, “harm” free life but warned of persecution. Yet He did promise that He gives eternal life to His sheep and that no one can snatch them out of His hands (John 10:28). No evil shall win over those who in Jesus Christ belong to God.

3. *The LORD will protect in all of life’s journey (8).*

The Lord's protection is “now” and extends throughout time into eternity. It is present throughout all your activities (“comings and goings”).

Do not be dismayed by the roughness of life’s journey. Do not be deceived by the offers of false help. Help can be found in the Lord Jesus Christ, who watches over and protects all who belong to Him, who have come to Him by faith alone. As Creator He is more than capable to give all the protection that is needed to bring you safely home to Him.

*Questions for further reflection:*

- Are you in a relation with the Creator than you can trust His care of you?
- Consider the Lord’s protection of Israel in the exodus. Was their journey free of trouble? What showed the Lord’s power? What reminded them of His constancy? Do you believe that the same power, wisdom, and constancy is there for you?
- What are your difficulties? What do you believe is most important to be protected? Support your conclusion with Scripture. In accordance with Scripture, how should you pray?