



PSALMS OF ASCENT

SONGS FOR THE JOURNEY



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PSALM 121

May 31, 2026

SUNDAY REFRESHER

Life has a way of bringing us to the edge of ourselves. There are moments when the diagnosis is bigger than our strength, the burden heavier than our shoulders, and the road ahead more uncertain than we would like to admit. Psalm 121 was written for travelers making a difficult journey to Jerusalem, surrounded by hills that could represent either danger or refuge. As they walked, they lifted their eyes and remembered a simple but life-changing truth: their help did not come from the hills, the circumstances, or even themselves. Their help came from the Lord, the Maker of heaven and earth.

The repeated heartbeat of this psalm is that God "keeps" His people. He watches, guards, protects, and remains attentive when everyone else grows tired. He never slumbers, never sleeps, never looks away. This does not mean life will be painless or free from hardship. It means that through every valley, every victory, every loss, and every uncertainty, God remains present. The same God who created the mountains knows your name, walks beside you, and holds your life securely in His hands.

PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*

QUESTIONS

- *When life feels overwhelming, where do you naturally look for help before looking to God?*
- *What does it mean to you that God never sleeps and never stops watching over His people?*
- *How does knowing that nothing can separate you from God's love change the way you face fear, uncertainty, or suffering?*

SCRIPTURE REFERENCES

Psalm 121:1-8 | Romans 8:31 | Romans 8:35 | Romans 8:37-39

CONCLUSION

The pilgrims who sang Psalm 121 were not pretending life was easy. They knew the dangers of the road. They understood uncertainty, vulnerability, and fear. Yet they sang because they believed something greater than their circumstances. The God who made heaven and earth was not distant. He was their keeper. Their guardian. Their constant companion on the journey.

That same truth belongs to us today. We do not follow a God who watches from a distance. We follow a Savior who stepped into our suffering, conquered sin and death, and proved that nothing can ultimately defeat His purposes. Because of Christ, we can walk forward with confidence. Not because the road is easy, but because the Keeper of our souls never leaves our side. God is for us, and nothing will stop Him from keeping us.

Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!