**Sermon Guide – July 19, 2020 – God is holding your life.**

**Psalm 121 – A Song of Ascents – NRSV**

**1**I lift up my eyes to the hills — from where will my help come?  
**2**My help comes from the Lord, who made heaven and earth.

**3**He will not let your foot be moved; he who keeps you will not slumber.  
**4**He who keeps Israel will neither slumber nor sleep.

**5**The Lord is your keeper; the Lord is your shade at your right hand.  
**6**The sun shall not strike you by day, nor the moon by night.

**7**The Lord will keep you from all evil; he will keep your life.  
**8**The Lord will keep your going out and your coming in  
    from this time on and forevermore.

Note that verses 1 and 2 are written in first person: I lift up my eyes… my help… my help. Then the voice changes in verses 3-8 to second person: your foot, who keeps you, your keeper, your shade, your right hand, etc. This change leads scholars to think that the first two verses are spoken by ONE person with the answer to his/her question then answered by the whole group. Can you picture a group of pilgrims trekking through the Judean desert, keeping step to the rhythm of the psalm’s poetry?

How have you felt God’s protection during a trip or vacation?

What particular fear are you experiencing right now?

I hope you can name the fear and claim it, then hand it over to God.

From where will my help come?  
**2**My help comes from the Lord, who made heaven and earth.