Scripture: Psalm 121.

Psalm 121 is one of the 15 Psalms called the Psalms of Accents; another name is the pilgrims Psalm or the Psalms for the going up. It was written by an exile who was going up to Jerusalem. It is believed that these Psalm were sang when going from the women's court to the men's court of the Temple.

This Psalm begins with the words "I will lift up my eye to the hills from where my help comes from the Lord". I will consider this Psalm and use five points to observe, Let's note

1. The Place they look towards.

The psalmist looks towards the hills, they are not just any hills, they are the hills surrounding Jerusalem. There are seven hills surrounding Jerusalem they are.

1. Mount Scopus
2. Mount of Olives
3. Mount Zion
4. Mount Ophel
5. Mount Moriah
6. Mount Herzl
7. Givat HaMatos

The Mount of Olives, Mount Zion, are among the most prominent and historically significant. It is towards these hills that the travelling pilgrim is looking towards. They have their eyes fixed on what was before them, keeping their focus sharp so they are not distracted and wander off in another direction.

Their aim and purpose is to reach Jerusalem in safety and enjoy the various feats that are celebrated by Israel. It is the place where the Temple was located, which meant so much to the people of God. It is the desire in every Israelite to be in Jerusalem the center of spiritual activity, Jerusalem to the Jew was a special place, a place appointed by the Lord, the next pint to consider is.

2. The Person they look to.

“Where does my help come from, my help comes from the Lord, which made heaven and earth. The Lord is the person the pilgrim is looking to for help, they know that the help cannot come from the hills as they are inanimate objects but from the Lord the living loving creator.

Their help is from the one who has proved himself over and over in helping Israel when they have been facing difficulty. This travelling pilgrim would have been aware of the many times the Lord intervened and gave Isreal victory in the face of defeat.

It is therefore with confidence that the writer of the Psalm says that their help cometh from the Lord which made heaven and earth. Their help therefore is coming from the creator who can do anything, for nothing is impossible for the Lord, the Lord can raise up pull down, lift up and heal and restore.

In Psalm 34 v 5 & 6 we read “ Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles.”

In the NT Philip the disciple was in conversation with Greeks, John 12 v 21 says “They came to Philip, who was from Bethsaida in Galilee, with a request. “Sir,” they said, “we would like to see Jesus.” No better request had been said to Philip than this one, men wanting an audience with Jesus.

Although the Greeks had journeyed to Jerusalem for one of the festivals their aim was to see Jesus. This request was the best request they had ever made in their lives. There can be nothing better in life than looking to the Lord for help, the Psalmist makes this very clear, we need to follow their example and look to the Lord. The next point to consider is.

3. The Promise of stability.

“He will not suffer thy foot to be removed, he that keepeth Israel shall neither slumber nor sleep.”

Stability is very important to enjoying a life that is reliable and unmovable, any life that has stability stands firm against the storms and difficulties that seek to undermine it, the promise here is from the Lord and all his promises are yes and amen, he therefore promises to keep the pilgrim from all danger.

In the sermon on the Mount Matthew 5 to 7 Jesus outlines a great deal about life and our behavior, he could not have been clearer on how we should live, there are principles enumerated by Jesus and If these are applied to our everyday living they will ensure stability in life.

Nothing could have been clearer to the listener on the day Jesus spoke these words, to benefit from them they must be applied, the application of what Jesus says has only one result and that is stability.

Stability of course depends on a firm foundation, if the foundation is inadequate then the whole structure built upon it is in jeopardy Jesus says in Matthew 7 v 24

“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.” To ignore his words is to build without a foundation, building without a foundation means the structure built on it is unstable. Jesus emphasizes that to practice his words gives stability to all who apply them.

God has ensured we have stability by sending Jesus, the Apostle Paul writing says in 1Corinthians 3 v 11 “For no one can lay any foundation other than the one already laid, which is Jesus Christ.”

The believer’s foundation is the Lord Jesus Christ, being built on him ensures the certainty of safety, he is the rock on which we build, he is the firm foundation, he is

the only foundation, nothing is more certain than this. To build one's life on anything other than the Lord Jesus will fail as he is the only unmovable unshakable and permanent foundation.

The Apostle Paul writes in 1Corinthians 3:12-13,"If anyone builds on this foundation using gold, silver, costly stones, wood, hay or straw, their work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each person's work."

Be fixed and base on your life on the Lord Jesus Christ.
Next, we will consider.

4. The Promised Protection.

"The LORD watches over you the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night."

The journey for the travelling pilgrim is hard and long, there will be dangers on the way obstacles to overcome, difficulties that will seek to prevent any progress, potholes that must be avoided, there will be high hills, low valleys. Dangers seen and unseen. It's not an easy journey travelling to Mount Zion; however, the good news is that the Lord promises protection to the pilgrim.

There will be hot days, and cold night that will be encountered on the journey. Sun stroke would be dangerous, hypothermia would also have to be overcome as well as other dangers that they could encounter.

The distance the travelling pilgrim would have to face is approximately 800 miles and would take about four months to get to Jerusalem, it was a long way to travel. The Lord promises protection all along the way, the pilgrim is guaranteed safety all the way and will get to Zion in a safe manner.

It is always good to remind oneself about the promises of God because he never fails to fulfil every single one, our promises depend on our ability to fulfil them, but often circumstance's prevent us from doing so, this does not apply to the Lord, nothing can stop the Lord fulfilling his promises although some of his promises are conditional, not on the Lord but on us. God is incapable of breaking his word, his word is truth not containing any error whatsoever.

The final point to consider is.

5. The Permanent promise.

"The LORD shall preserve thee from all evil: he shall preserve thy soul. The LORD shall preserve thy going out and thy coming in from this time forth, and even.

The promises the Lord makes are based on his word, his word is immutable it is unchangeable, the Lord confirms his promises by his own oath.

Hebrews 6 v 17 & 18 says, "Wherein God, willing more abundantly to shew unto the heirs of promise the immutability of his counsel, confirmed *it* by an oath: That by two immutable things, in which *it was* impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us:". God interposed his promise by himself.

Further 2Corinthians 1 v 20 says, "For all the promises of God in him *are* yea, and in him Amen, unto the glory of God by us."
Gods promises can be totally relied upon; nothing is surer that the promises God makes.

There is on the door post of every Jewish home is a mezuzah is a small parchment scroll placed inside a decorative case it is a box containing the promises of God, when an Israelite was going on a journey, they would clasp the mezuzah in their had and claim the promise of protection during their journey.

The Psalm itself is a type of a Christian who is a pilgrim matching towards Zion, the pilgrim is certain of reaching their destination because the Lord never fails to keep his word. As we travel on our Christian pilgrimage towards heaven let us take this Psalm and hold onto it and claim the protection it promises.