

# SONGS FOR THE JOURNEY

## A Study of The Psalms of Ascents

### Lesson 3 — Psalm 121

- I. I said “yes” to God, now what?
  - A. The psalm’s focus
    1. **What** is the **correct** focus?
    2. **When** do I need this **correct** focus?
  - B. The psalm’s form
  
- II. What do I look to?
  - A. What are **mountains**?
  - B. What are my **mountains**?
  
- III. Divine help proclaimed
  - A. From where does my **help** come?
  - B. I must **proclaim** in faith from where my **help** comes.
  
- IV. Divine help promised
  - A. His sleepless watching
    1. He keeps my **feet** from **slipping**.
    2. He keeps me from **sunstroke**.
    3. He keeps me from **emotional disturbances**.
  - B. His complete protection
    1. He will not preserve us FROM **injury** and **harm**.
    2. He will preserve us IN **injury** and **harm**.
  - C. His complete assurance
    1. His assurance is not **out** of this world.
    2. His assurance is **through** the pilgrimage in this world.