

# **WATCH UP!**

## **Psalm 121**

**Danger can come if we don't look up!**

### **I. THE TRAVELER (1-2)**

#### **A. HIS SITUATION: A "Psalm of Assents"**

- While approaching his place of worship, he was thinking about God

#### **B. HIS DETERMINATION**

1. Lifting his eyes to the hills
2. Not looking down!

#### **C. HIS CONTEMPLATION**

1. From where shall my help come?
2. How much time do we give to God-thought?

#### **D. HIS AFFIRMATION (2)**

1. Help comes from God!
2. God is uniquely qualified

### **II. THE KEEPER (3-8)**

- God's keeping power is the theme of the Psalm

#### **A. THE FOOT KEEPER (3a)**

1. He absolutely will not allow you to stumble
  2. He keeps you steady - Like a walker
- See Ps. 37:23-24 and 40:1-2

#### **B. THE WATCHFUL KEEPER (3b-4)**

- Never weary, exhausted or taking a day off

#### **C. THE HAND KEEPER (5)**

- Shading your right hand > the working hand

#### **D. THE BODY KEEPER (6)**

- Nature cannot touch the trusting one

#### **E. THE CONSCIENCE KEEPER (7a)**

- Protecting from all evil

Over please

F. THE SOUL KEEPER (7b)

- Eternal security for the saint - John 10:27-29

G. THE ACTIVITIES KEEPER (8a)

- Your comings and goings or as you come and go

F. THE ETERNAL KEEPER (8b)

- There is never a time when you are not under His watchful gaze and care.

III. **THE PARTNER** (3-8)

A. ONE WHO JOURNEYS WITH YOU

1. Note how the language changes from “I” (1-2) to “You” (3-8)
2. Reality: You do not travel alone – you have “The Keeper” and a partner
  - See II Tim. 4:11a

B. ONE WHO KNOWS ABOUT GOD

1. Able to discern and discover things about God
2. See Hebrews 10:23-25

C. ONE WHO TALKS ABOUT GOD

1. When you get discouraged he or she says, “Watch up” or look at what God does
2. Exp: Deborah in Judges 4:4-9

D. ONE WHO POINTS PEOPLE TO GOD

1. Our help comes from the Lord, but our encouragement can come from the godly
2. Exp: Manoah’s wife - Judges 13:22-23

**CONCLUSION:**

1. Keep your perspective: “Watching Up”!
  - Keep your eyes and focus on God
2. Have a partner
  - Choose someone who will encourage you in your walk
3. Be a partner
  - Seek to support another on their journey; assisting their upward watchfulness
4. Praise your protector - Jude 24-25

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