

Summer In The Psalms

Honest Faith, Deep Worship, Steady Hope

The Keeper Of Your Life

Psalm 121



Sermon Notes | Jeff Randleman | September 27, 2026

The LORD will keep you from all evil; he will keep your life. The LORD will keep your going out and your coming in from this time forth and forevermore.

– Psalm 121:7-8 (ESV)

God Is The Source Of Our Help (121:1-2)

Our help is bigger than our problems.

We don't have to manufacture our own help.

God Is The Keeper Who Never Sleeps (121:3-4)

God never has to take a day off.

God's watchfulness gives us permission to rest.

God Is With Us Through Every Step Of The Journey (121:5-6)

God is our shade when life gets hot.

God's presence doesn't mean an easy journey.

God Keeps Us From Now Until Forever (121:7-8)

God cares about your whole life.

God's ultimate keeping is bigger than this life.

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Matters for Reflection and Discussion:

1. Psalm 121 begins with the question, "From where does my help come?" What are some places or people we are tempted to look to for help before we look to God?
2. What does verse 2 teach us about the relationship between God's power as Creator and his willingness to help us personally?
3. Verse 3 says, "He who keeps you will not slumber." Why is the fact that God never sleeps such a comforting truth?
4. What are some worries that tend to become bigger in our minds when we're alone or lying awake at night? How can Psalm 121 speak into those worries?
5. The psalm describes God as our "shade" (verse 5). What do you think that imagery teaches us about God's presence when life becomes difficult?
6. How is God's promise to be with us different from a promise that he will remove every difficulty from our lives?
7. Read verses 7–8. What does it mean that God "will keep your life" and watch over our "going out" and "coming in"?
8. What is the difference between trusting God and simply hoping that everything will work out the way we want?
9. What is one area of your life where you are currently struggling to trust God's care and control?
10. What would it look like this week to "look up" rather than to be constantly looking at your circumstances?