



July 2, 2023
Worship Service
Pastor Chris Regas
WeAreLifeBridge.com

Summer in the Psalms

Lesson One • Psalm 121

The Greatest Guardian of the Galaxy

Psalm 121 Is One of Fifteen "Psalms of Ascents" – *Psalms 120–134*
Songs Israel sang as they journeyed UP to Jerusalem three times a year.

The Mountains that Rise Above Us and Stand Before Us Picture

THREATS to personal safety on the journey and
TEMPTATIONS to false security in idolatry.

From Where Does Your Help Come on Your Spiritual Journey?

The LORD is the greatest **GUARDIAN** of the galaxy who
guards the godly like no other!

Verses 3, 4, 5, 7 (2x), 8

The Greatest Guardian of the Galaxy

1. The LORD Is Our READY Helper.

- He is the ever-present REDEEMER. (v. 2a)
- He is the all-powerful CREATOR. (v. 2b)

2. The LORD Is Our WILLING Keeper.

- He never SLEEPS. (vv. 3-4)
- He will never let us SLIP. (v. 3)
- He is always by our SIDE. (vv. 5-6)

3. The LORD Is Our ABLE Protector.

- He is able to *protect* us from ALL EVIL. (v. 7a)

Fix your faith firmly on the King and His coming kingdom,
His final judgment, and His future deliverance.

Never forget evil triumphs for a time but is defeated in the end!

- He is able to *secure* our WHOLE LIFE. (v. 7b)
- He is able to *guard* us EVERY MOMENT now and forever! (v. 8)

From Where Does Your Help Come?

The greatest Guardian in the galaxy for the godly is the Lord Jesus Christ!
For He alone is ready, willing, and able to be your Helper, Keeper, and Protector.

"By God's power [we] are being **guarded** through faith for a salvation ready
to be revealed in the last time" 1 Peter 1:5 ESV

"who are **kept** by the power of God through faith" NKJV

"You are being **protected** by God's power through faith" NASB

Resources on the Psalms of Ascents

A "Roadmap" for Going Further Up, Further In | *Seven Scenic Turnouts on the Journey*
<https://wearelifebridge.com/resources/messages/roadmap-for-our-journey-to-joy/>

A "Rough Guide" for Going Further Up, Further In | *Five Travel Tips for the Journey*
<https://wearelifebridge.com/resources/messages/rough-guide-for-our-journey-to-joy/>

Journey to Joy: Further Up and Further In | *Psalms 120–126*
<https://wearelifebridge.com/resources/messages/series/journey-to-joy-further-up-and-further-in/>

Journey to Joy: Missional Living | *Psalms 127–129*
<https://wearelifebridge.com/resources/messages/series/journey-to-joy-missional-living/>

Journey to Joy: Be Desperate This Thanksgiving | *Psalms 130*
<https://wearelifebridge.com/resources/messages/series/journey-to-joy-be-desperate-this-thanksgiving/>

Journey to Joy: Psalms of Advent | *Psalms 131-34*
<https://wearelifebridge.com/resources/messages/series/journey-to-joy-psalms-of-advent/>

Journey to Joy: Begin with the End in Mind | *Psalms 133-134*
<https://wearelifebridge.com/resources/messages/series/journey-to-joy-begin-with-the-end-in-mind/>