

Praying the Psalms
“Prayers of Preservation and Protection”

Psalm 121

Main Text

Psalm 121:1-8 (ESV) – ¹ I lift up my eyes to the hills. From where does my help come? ² My help comes from the LORD, who made heaven and earth. ³ He will not let your foot be moved; he who keeps you will not slumber. ⁴ Behold, he who keeps Israel will neither slumber nor sleep. ⁵ The LORD is your keeper; the LORD is your shade on your right hand. ⁶ The sun shall not strike you by day, nor the moon by night. ⁷ The LORD will keep you from all evil; he will keep your life. ⁸ The LORD will keep your going out and your coming in from this time forth and forevermore.

**Big Idea – Lord, Open My Eyes that I May See You
as My Provider, Protector, and Source of Preservation**

Three Prayers of Preservation

Prayer #1 – Lord, Be My Source of Strength when My Foundation is Shaken and Be My Courage when My World is Stirred

Psalm 121:1-2 (ESV) – ¹ I lift up my eyes to the hills. From where does my help come? ² My help comes from the LORD, who made heaven and earth.

Prayer #2 – Lord, Stand Guard Over My Life as I Live for You...Preserve Me to Praise You

Psalm 121:3-6 (ESV) – ³ He will not let your foot be moved; he who keeps you will not slumber. ⁴ Behold, he who keeps Israel will neither slumber nor sleep. ⁵ The LORD is your keeper; the LORD is your shade on your right hand. ⁶ The sun shall not strike you by day, nor the moon by night.

Prayer #3 – Lord, Shield Me from My Enemy and Show Me the Way that Honors You

Psalm 121:7-8 (ESV) – ⁷ The LORD will keep you from all evil; he will keep your life. ⁸ The LORD will keep your going out and your coming in from this time forth and forevermore.

Memory Verse

Psalm 121:1-2 (ESV) – ¹ I lift up my eyes to the hills. From where does my help come? ² My help comes from the LORD, who made heaven and earth.

Challenge:

You are called to consistently apply the divine principles and truths found in the Word of God. Take the next step in your study by (1) Discussing and applying the sermon with your small group, (2) Participating in a Sunday School class, or (3) Study through the study guide found at the Connection Point.