

24Z01a Psalm 121

Hello my friends. We are excited for what God will bring us in this new year. Happy New Year, a little early.

Today is the first of our student Table prep video. I plan to post one of these each month about two weeks ahead of our Students Table. We want you to listen and think about the scripture we are presenting. Then during the Student Table on the first Saturday morning of each month we will ask you to share your thoughts on the passage. I will try to give you some discussion points, so you can prepare what you want to say.

First, order of business. **Let's Pray.**

We will be discussing Psalm 121. I want you to listen to a couple of songs so if you haven't, then pause the video and use the links to listen to two songs, Tauren Wells – Hills and Valleys <https://youtu.be/p4rRCjrAyCs?si=aLFwZVljBBBOfZRS>
Casting Crown - <https://www.youtube.com/watch?v=MgpaULjZOI8>
Hebrew song. - <https://www.youtube.com/watch?v=jRSOhT45C5M>

This is just some of the many many songs based on Psalm 121.

Let's read it in the King James version first. Psalm 121 (KJV), *"{A Song of degrees.} I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth. He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep. The LORD is thy keeper: the LORD is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The LORD shall preserve thee from all evil: he shall preserve thy soul. The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore."*

That is the Kings James English version, I don't know about you but there are many words used here, that I don't used when I speak English. Let's read it again in one the modern English versions. Psalm 121 (NIV) *"I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you— the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore."*

For me that is a lot better. But I also want you to hear it in your language. From the Tagalog Contemporary Bible (Ang Salita ng Dios) Psalm 121 *"Tumitingin ako sa mga bundok; saan kaya nanggagaling ang aking saklolo? Ang tulong para sa akin ay nanggagaling sa Panginoon, na gumawa ng langit at ng lupa. Hindi niya papayagan na ikaw ay mabuwal. Siyang nag-iingat sa iyo ay hindi natutulog. Pakinggan mo ito! Ang*

nag-iingat sa mga taga-Israel ay hindi umiidlip o natutulog. Ang Panginoon ang nag-iingat sa iyo; siya'y kasama mo upang ikaw ay patnubayan. Hindi makakasakit sa iyo ang init ng araw o ang liwanag ng buwan kung gabi. Lingatan ka ng Panginoon sa anumang kapahamakan; pati ang buhay mo'y kanyang iingatan. Ang Panginoon ang mag-iingat sa iyo nasaan ka man, ngayon at magpakailanman.

So, what do you think. This Psalm is a great encouragement. This is sometimes referred to as the soldier's psalm. Scholars are not sure when David wrote this but it is clear he is facing danger. However, David trusts in God. David has confidence in God. God is good, no matter what is happening to us. We can trust God with our life and everything in it. Our only source of Help is the Lord, the maker of everything.

I look forward to your thoughts and insights. During our Student's table is a couple weeks.

I'm going to include links for the Bible versions,

Psalm 121 (NIV) <https://biblehub.com/kjv/psalms/121.htm>

Psalm 121 (NIV) <https://biblehub.com/niv/psalms/121.htm>

Psalm 121 (TCB)

<https://www.biblegateway.com/passage/?search=Psalm+121&version=ASND>

If you have any questions about faith or life, send me the questions to quetions@punla.org. This is completely confidential, I will not share your name, only your question.

Let's Pray.

Let me leave you with this. God is good and our only source of help. He is the maker of everything, so we can trust Him.

I am so glad we have this time together each month. Don't fear anything in this world. Jesus is the king of this world and as such we should fear nothing. I Love you and I am proud of you. God's Blessings.

Until next time. I pray for Joy, Hope, Peace and Assurance from God for each of you. God bless.

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