

Dialogical Ascent

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE



he LORD, who made heaven and earth, is the sleepless keeper who guards his people day and night, now and forever.

Remember it: One-twenty-one: look past the hills to the Keeper who never sleeps.

MEMORY VERSE

My help comes from Yahweh, who made heaven and earth.

Psalm 121:2 · World English Bible

HEBREW WORD

ישמר

"keeps" · verse 7

In the Psalms: 72 times, in 34 psalms

שמר means "to keep," "to guard," or "to watch over," like a watchman on the wall or a shepherd with a flock. Adam was put in the garden to work it and keep it, and the priestly blessing says, "The LORD bless you and keep you." This short psalm uses the word six times.

HOW THE PSALM MOVES

1-2 My help comes from the LORD, maker of heaven and earth

3-4 Your keeper never slumbers or sleeps

5-8 The LORD keeps you day and night, now and forever

MY NOTES



Listen. Hear Psalm 121 sung in the **Psalm Song** app, or free at ispress.de/psalms/121.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

God in Creation

FILL IN THE BLANKS

The LORD, who made heaven and earth, is the sleepless _____ who guards his people day and _____, now and _____.

CHECK YOURSELF

1. Where does the psalmist's help come from?

☐ (A) The hills

☐ (B) The king

☐ (C) The LORD, who made heaven and earth

☐ (D) The temple

2. What will the one who keeps Israel never do?

☐ (A) Slumber or sleep

☐ (B) Speak

☐ (C) Travel

☐ (D) Judge

3. What will the LORD keep in verse 8?

☐ (A) Your house and land

☐ (B) Your money

☐ (C) Your enemies

☐ (D) Your going out and your coming in

TALK IT OVER

1. Count how many times the psalm says "keep" or "keeper." What is the psalm repeating, and why?

2. Why does it matter that our helper is the one who made heaven and earth?

3. What daily comings and goings could you hand over to the LORD's keeping this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 121 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Answers Blanks: keeper · night · forever · Check yourself: 1. C (v. 2) · 2. A (v. 4) · 3. D (v. 8)