

The LORD Is Your Keeper

Psalm 121

We live in unprecedented days. People are struggling to fight an unseen enemy and for so many people life has been completely turned on its head. There is fear, anxiety, uncertainty and real hardship and loss as the coronavirus pandemic sweeps through our world. In Psalm 11:3 we read:

“When the foundations are shaken, what should the righteous do?”

One of the first things we need to do is to anchor ourselves in unchanging truth and find a foundation that will never shake as we lean our full weight on it.

Follow the simple instructions below and find a place to stand in these uncertain times.

Psalm 121

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.

Exodus 34:5-7

The LORD passed before him and proclaimed, “The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, ⁷keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.”

Psalm 121 is a very familiar passage and has some really helpful and important truth for us to lean into as we seek to find firm ground for our feet to stand on.

Read Psalm 121 and mark every mention of the LORD / He with a  and mark the word “keep / keeper” with a 

Make a list below of all that you learn about the LORD—who is He and what does He do / not do?

When you see the name LORD in capital letters it is a translation of the Hebrew name Yahweh—the I AM name for God. This is the name given to Moses at the burning bush as he was heading into the greatest challenge of his life. (**Exodus 3: 14-15**)

“ This name reveals the self sustaining, self existing, always fully present God who never changes, whose power is undiminished and who is never inattentive, distracted or caught by surprise. Everything he is he always is”

Later on that journey, God would give him a deeper understanding of what that name meant as Moses struggles with the peoples rebellion worshiping with the golden calf.

READ Exodus 34: 6-7 and list all that God reveals about His own character.

How does understanding that the LORD— “I AM”—is your keeper impact on how you view your current situation?

From Psalm 121, make a list on all you discovered about the LORD keeping you. Reflect on what you learn as you look at the meaning of the Hebrew word used for “keep” in this Psalm.

TO KEEP —Strongs 8104—to keep, to guard, to give heed to, to protect.

Jude v1-2, 20-21, 24-25

¹ Jude, a servant of Jesus Christ and brother of James, To those who are called, beloved in God the Father and kept for Jesus Christ: ² May mercy, peace, and love be multiplied to you.

²⁰ But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, ²¹ keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life.

²⁴ Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, ²⁵ to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.


John 15: 10

If you keep My commandments, you will abide in My love; just as I have kept my Fathers commandments and abide in His love.

1 Peter 1:3-5

³ Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵ who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

Jude was the natural brother of Jesus and he lived in a time when the church was under threat from false teachers who had infiltrated. He is encouraging the believers to persevere and three times he uses the word "Keep"

READ Jude v1-2, 20-21,24-25 and mark the word "keep" with a  Make a list below of what you learn each time.

To Keep—Strong's 5083—to attend carefully, to take care of,

In v1-2 what three ways are we described? What comfort does this bring in a time of trouble?


In v 21-22 what are we exhorted to do? How do we do that?

Read John 15:10 to help you answer this.

In v 24-25 , Jude uses a different Greek word for "keep"

To Keep—Strong's 5442—to keep watch, to guard a person that he may remain safe , to protect.

Understanding the full meaning of this word, how do these verses bring us security and comfort?

READ 1 Peter 1:3-5 and mark the word "Kept" and "Guarded" with a 

What has been made ours through Jesus Christ?

How is our inheritance described? How safe is it?

Guarded—Strong's 5432—to guard either to prevent hostile invasion, or to keep inhabitants of a besieged city from flight.

How are we being guarded?

God's power will keep us—either from the danger that surrounds us, or in the danger that seems to overwhelm us, giving us courage to persevere.

Take what you have learned in these verses and speak to God about it in prayer.

