

“In my distress I called out to God.”

Psalm 120:1

distress =

The Direction We Turn

Verse 1 - “I will lift up my eyes to the hills.”

- not _____ in self-reliance
- not _____ in despair
- but _____ in God-dependence

Examples:

1. _____ (Genesis 22) -
2. _____ (Exodus 20) -
3. _____ (1 Kings 18) -
4. _____ (Genesis 22) -

Verse 2 - “My help comes from the Lord
Who made heaven and earth.”

The thought of this verse leaps beyond the hills to the universe; beyond the universe to its Maker. Here is a living help: primary, personal, wise, immeasurable.

Derek Kidner

The Reasons We Turn

1. God _____ through our distresses.

Verses 3-4 - “He will not let your foot be moved;
He who keeps you will not slumber.
Behold He who keeps Israel
Will neither slumber nor sleep.”

2. God _____ His children.

Verse 5 - “The Lord is your keeper;
The Lord is your shade on your right hand.”

- v. 3 - “He who _____ you”
- v. 4 - “He who _____ Israel”
- v. 5 - “The Lord is your _____”
- v. 7 - “The Lord will _____ you from all evil...
He will keep your life”
- v. 8 - “The Lord will _____ your going out
and your coming in”

Verse 6 - “The sun shall not strike you by day,
Nor the moon by night.”

3. He _____ continually.

Verse 7a - “The Lord will keep you from all evil.”

Verse 7b-8 - “He will keep your life.
The Lord will keep your going out
And coming in from this time forth and forevermore.”

Application:

1. _____ yourself in the Word of God.
2. _____ to God.
3. _____ for your keeping.