

What is an ultimate helper to you? A friend – yes but he/she must be available at all time. A strong person – yes but he/she must be strong enough to fully protects me and wise and resourceful enough for everything I face and need. A teacher or counselor – yes but he/she must know all the answers in the world. Let's find out what qualifies to be this helper in today's study.

Psalms 121 is the second psalm of a series of psalms called Song of Ascents that begins in Psalms 120. There are 15 of these songs, Psalms 120-134. This song series is also called the Pilgrim Songs. These psalms are fairly short, and nearly all are 9 verses or less. Four of them (Psalms 122, 124, 131 and 133) are linked in their ascriptions to David, and one (Psalm 127) to Solomon. These psalms were sung by the worshippers as they were ascending on the road to Jerusalem for attending the three pilgrim festivals (Deuteronomy 16:16). These psalms are mainly praises of God and overall hopeful and many are cheerful.

1. Who is my helper?

While the Jews were traveling to Jerusalem for pilgrim festival, most traveled through the Jordan Valley and looked towards the temple on the hilltop. The journey may take several days. As they traveled, they might need help or protection from attackers. They also have the time to reflect on God's past and present provision and protection as they were walking towards the temple. Life on earth is like a journey as stated in I Chro. 29:15 and Heb. 11:13-16, we need help in our life journey. We first need to know who shall be our ultimate helper.

a. Helper should be the ultimate creator

Verse 2 clearly stated the helper shall be our God that is the ultimate creator of all things including our lives. The original inventor/creator is the best one that can fix and maintain the product. God is our creator. He is wise. Thus, He is our best helper.

b. Our focus shall be on the ultimate helper

Verse 1 stated the author's eye was looking upward at the hilltop where the temple was located. Our eyes shall focus upward onto

God who is our ultimate helper in our life journeys. Focus on God can help us to avoid Satan's temptation.

2. The helper that is available at all time

Verses 3 and 4 are about God is watching over us all the time. It is a great assurance that He is watching and protecting us 24 hours a day. Many home security companies claim they watch and protect you 24 hours a day. But you still can get rob and hurt even you have that security system. God stops Satan before he can enter the door.

More than physical help, spiritual and emotion helps are even more important. I remember one time I really need to talk to a friend immediately, but he was in a middle of a 12 hours flight and communication was not possible. God can uplift us anytime with His Words and through prayers. Therefore, around the clock helper (God) is an ultimate helper.

3. The helper that is a complete protector

Verses 5 to 8 are about God protects us. If you just read verse 6 "the sun will not harm you by day, nor the moon by night", you might ask how does the moon harm you? But the message is clear with the verse before it (verse 5) that states "... the Lord is your shade..." A shade is a cover that protects you. God protects you regardless of daytime (sun) or night time (moon). Psalm 91:4-6 contains the same message, and thus we have no fear in His protection.

Verse 7 gives a more precise description on the protection. "The Lord will keep you from all harm – he will watch over your life;" This verse has two points. The first point is God will protect you that you will not be hurt beyond what He allows. "Not beyond what He approves of" is the essence of that protection. The second point is your life. The protection is now and forever more. God protects His children's lives; He protects your and my physical life and our physical death can't occur if it's not His will. He protects our spiritual life and can't be taken by Satan.

In the New Testament, more information revealed about God's helping. "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you" (John 14:26). The Holy Spirit helps us to remember Jesus' words and

deeds, and teaches us. God's word is so important on everything we do as we have learned from Psalm 119 (the psalm just before this series of Songs of Ascents).

In conclusion, we shall look onto God be our ultimate helper. He is the around the clock helper, and He watches and protects us. He also guides, counsels and teaches us. It is such a wonderful blessing that God is our helper!