

DID GOD REALLY SAY THAT?



SERMON OUTLINES

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Part #3 – Fact or Fiction: God Helps Those Who Help Themselves

Psalm 121:1-8

Series Summary

The phrase "The Bible says..." has been used many times over the years to promote or teach subjects that sounded Biblical but are far from accurate. This series will confront some of the myths that our culture has become convinced are true. Our goal is to arm you with the Truth of God's Word and tackle common myths about God and His Word such as (1) All roads lead to heaven, (2) God helps those who help themselves, (3) God simply wants you to be happy, and much more.

Main Passage

Psalm 121 – ¹I lift up my eyes to the hills. From where does my help come? ²My help comes from the LORD, who made heaven and earth. ³He will not let your foot be moved; he who keeps you will not slumber. ⁴Behold, he who keeps Israel will neither slumber nor sleep. ⁵The LORD is your keeper; the Lord is your shade on your right hand. ⁶The sun shall not strike you by day, nor the moon by night. ⁷The LORD will keep you from all evil; he will keep your life. ⁸The LORD will keep your going out and your coming in from this time forth and forevermore.

**Big Idea – Manmade Myths Propagate Perilous Pride in Your Life...
Solution = Application of God’s Word**

Background

- This is the second psalm in the collection of “Pilgrim Psalms.” Some scholars believe that this collection refers to the return of the Hebrew exiles from Babylon as they journey back to Jerusalem while other scholars believe that it refers to pilgrims from all over the land traveling from their homes back to Jerusalem for annual feasts and celebration.
- Every credible scholar recognizes the intention of the Psalm as directing the attention of God’s people to center their heart, mind, and life upon the Lord as the source of all strength, hope, and salvation! The message of this Psalm still speaks to God’s people today.

Fundamental Facts About God’s Helping Hand

Fact #1 – God Helps the Humble and Battles Against the Proud

Psalm 121:1-2 – ¹I lift up my eyes to the hills. From where does my help come? ²My help comes from the LORD, who made heaven and earth.

- **Key Point** – The first fact that we examine is observed in verses 1-2. It is within these verses that we discover the reality that God helps the humble and battles against those who are living a life of pride.

Fact #2 – God Delivers the Righteous Who Seek His Will, His Word, and His Ways

Psalm 121:3-4 – ³He will not let your foot be moved; he who keeps you will not slumber. ⁴Behold, he who keeps Israel will neither slumber nor sleep.

- **Key Point** – The second fact that we examine is observed in verses 3-4. It is within these verses that we discover the reality that God delivers the righteous who seeks His will, His Word, and His ways. This also means that He opposes those who rebel against Him as well as those who reject His will and Word.

Fact #3 – God Protects and Provides for the Faithful Who Fear Him

Psalm 121:5-6 – ⁵The LORD is your keeper; the Lord is your shade on your right hand. ⁶The sun shall not strike you by day, nor the moon by night.

- **Key Point** – The third fact that we examine is observed in verses 5-6. It is within these verses that we discover the reality that God protects and provides for the faithful who fear Him. It is more important to fear the Lord than man yet many Christians today seek to please man versus obeying the Lord.

Fact #4 – God Prepares and Provides so You Can Prevail Over the Enemy

Psalm 121:7-8 – ⁷The LORD will keep you from all evil; he will keep your life. ⁸The LORD will keep your going out and your coming in from this time forth and forevermore.

- **Key Point** – The final fact that we examine is observed in verses 7-8. It is within these verses that we discover the reality that God prepares and provides so you can prevail over the enemy. God will always equip you with just the right tools to overcome temptation and defeat the enemy.

Memory Verse

Psalm 18:3 (ESV) – I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.

Challenge:

Remind yourself that your responsibility, before the Lord, is to apply the truths you have discovered in the Word of God. As you reflect on this message, help others discover more about Jesus this week by...

- Inviting others to a Sunday Morning Service
- Asking others how you could pray for them