

A high-angle photograph of a mountain range. The upper portion of the image shows rugged, snow-covered mountain peaks under a clear blue sky. Below the peaks, the terrain descends into a series of steep, rocky slopes. Some of these slopes are covered in patches of green grass and small, dark evergreen trees. The lower part of the image shows a more densely forested valley floor with a mix of green grass and dark coniferous trees. The overall scene is one of a vast, natural landscape.

**Where does your  
help come from?**

*Psalm 121 (NIV)*



A high-angle photograph of a mountain range. The foreground shows a lush green valley with a dense forest of evergreen trees. In the middle ground, there are steep, rocky slopes with patches of snow and small, clear lakes. The background features towering, rugged mountain peaks, some of which are covered in snow and partially hidden by soft, white clouds. The sky is a clear, pale blue.

**A challenging question :**

**“I lift up my eyes to the  
mountains— where does  
my help come from?”**

***Psalm 121: vs. 1 (NIV)***



A high-angle photograph of a mountain range. The upper portions of the mountains are covered in snow and ice, while the lower slopes are green with grass and patches of forest. The sky is a clear, pale blue.

**A confident answer :**

**“My help comes from  
the LORD, the Maker of  
heaven and earth.”**

***Psalm 121: vs. 2 (NIV)***





## **The ever watchful Lord :**

**“He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.”**

***Psalm 121: vs. 3 & 4 (NIV)***



A high-angle photograph of a rugged mountain landscape. The scene features steep, rocky slopes with patches of snow and small, clear lakes. In the foreground, there are green, forested valleys. The sky is a clear, pale blue.

## **The continually shielding Lord :**

**“The LORD watches over you – the  
LORD is your shade at your right  
hand;  
the sun will not harm you by day,  
nor the moon by night.**

***Psalm 121: vs. 5 & 6 (NIV)***



The background of the image is a high-altitude mountain landscape. In the foreground, there are green, grassy slopes dotted with small evergreen trees. The middle ground shows a series of steep, rocky ridges and valleys, some of which are partially covered in snow. The background features towering, rugged mountain peaks, many of which are heavily laden with snow and partially shrouded in a light mist or haze. The overall scene conveys a sense of grandeur and natural beauty.

# **The eternally keeping Lord :**

**“The LORD will keep you from all harm – he will watch over your life; the LORD will watch over your coming and going both now and forevermore.**

***Psalm 121: vs. 7 & 8 (NIV)***



A high-angle photograph of a mountain range. The upper portions of the mountains are covered in snow and ice, with rocky outcrops visible. Below the snow, the mountain slopes are covered in green grass and patches of dark rocks. In the foreground, there are dense evergreen forests. The sky is a clear, pale blue.

**Where does your help come from ?**

**The Creator Lord (vs. 2)**

**The ever-watchful Lord (vs. 3 - 4)**

**The continually shielding Lord (v. 5 - 6)**

**The eternally keeping Lord (vs. 7 - 8)**

***Psalm 121 (NIV)***



A high-angle photograph of a mountain landscape. In the foreground, there are green, grassy slopes with some evergreen trees. The middle ground shows steep, rocky mountain ridges and valleys. In the background, towering snow-covered mountain peaks rise against a clear blue sky. The overall scene is one of natural grandeur and beauty.

**Where does your  
help come from?**

***Psalm 121 (NIV)***