



Prayer Guide: Psalm 121

By Daniel Henderson (Praying the Psalms Copyright © 2023) at strategicrenewal.com

Psalm 121 (ESV)
A SONG OF ASCENTS.
1 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.

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REVERENCE

God's Praiseworthy Attributes:

- He is our helper, meeting us in our need - vv.1-2
- He is our maker who made heaven and earth - v.2
- He is our keeper who protects, preserves, secures, and guards us - vv.3, 4-5, 7-8
- He is all-knowing and always attentive - vv.3-4
- He provides everlasting security -v.8

Possible Prayer Prompts:

- Because You made heaven and earth, I know You can help me with...
- Thank You, Lord, that You have been my keeper from...
- Because You never sleep, I know that You are watching over me when...

RESPONSE

- I confess that in times of need I often seek...for instead of relying upon You.
- I confess that at times I doubt that You are able to keep me safe, especially when...

REQUESTS

- Lord, I declare that I need Your help in/with...
- Because You are my keeper, help me to trust Your protection for...
- Lord, would You please help and keep (name) as they (specific situation).

READINESS

- Lord, today keep me from the evil of...and help me to walk in Your victory.
- Memorize and meditate on v.2