



My Help Comes from the Lord

Psalm 121

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Overview: Psalm 121 is part of a larger section of “Songs of Ascent.” These songs were sung by worshippers as they approached Jerusalem, which was an uphill climb for everyone. As the Psalmist journeys all the way to the steps of the Temple, he reflects on how his life has been preserved to this point. The source of his strength is none other than the Lord, who has made heaven and earth; references which affirm God’s sovereignty and goodness. Having laid this foundation, the Psalmist is assured that God’s care is comprehensive, constant, and covenantal. He can, therefore, live with confidence, knowing that God is with him in all that he does at all times, even when he is not able to attend the house of the Lord.

01. Like the Psalmist, we can be mindful of God’s help by looking up rather than looking down.

02. Like the Psalmist, we can be grateful for God’s help for ourselves, our church, and our world.

03. Like the Psalmist, we can be confident of God’s help in our coming, our going, and our staying.

For Further Reading: Arthur Bennett, ed. *Valley of Vision: A Collection of Puritan Prayers & Devotion* (Banner of Truth, 1975).





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World Needs Jesus

Verse 1

When our homes are hit by heartbreak
let Your presence meet us there
When the pain seems overwhelming
We hold onto You
When the streets are torn by chaos
We will be Your hands and feet
When the darkness brings division
May we be Your light

Chorus

We know our world needs Jesus
We know our world needs freedom
So give us eyes to see the hurting and the broken
Let our lives align with every word You say

Verse 2

When the nations ache from violence
We will be Your blessed peace
When the headlines scream injustice
May we shout Your name

Bridge

Let every heart turn to Jesus
Let every voice sing of Your great name
Let all the earth know Your freedom
We believe for more

Jesus is the Answer

Chorus

Jesus is the answer for the world today
Above Him there's no other, Jesus is the way (2x)

Verse 1

If you have some questions in the corners of your mind
Traces of discouragement and peace you cannot find
Reflections of your past seem to face you every day
But this one thing I do know
Jesus is the way

Yet Not I But Through Christ in Me

Verse 1

What gift of grace is Jesus my Redeemer
There is no more for heaven now to give
He is my joy, my righteousness and freedom
My steadfast love, my deep and boundless peace
To this I hold, my hope is only Jesus
For my life is wholly bound to his
Oh how strange and divine, I can sing
"All is mine! Yet not I but through Christ in me"

Verse 2

The night is long but I am not forsaken
For by my side, the Savior He will stay
I labor on in weakness and rejoicing
For in my need, His power is displayed
To this I hold, my Shepherd will defend me
Through the deepest valley He will lead
Oh the night has been won and I shall overcome
Yet not I but through Christ in me

Verse 3

No fate I dread, I know I am forgiven
The future sure, the price, it has been paid
For Jesus bled and suffered for my pardon
And He was raised to overthrow the grave
To this I hold, my sin has been defeated
Jesus now and ever is my plea
Oh the chains are released, I can sing
"I am free, yet not I but through Christ in me"

Verse 4

With every breath, I long to follow Jesus

For He has said that He will bring me home
And day by day, I know He will renew me
Until I stand with joy before the throne
To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat
Yet not I but through Christ in me

Goodness of God

Verse 1

I love you, Lord
Oh your mercies never fail me
All my days I've been held in Your hands
From the moment that I wake up, until I lay my head
Oh I will sing of the goodness of God

Chorus

And all my life You have been faithful
And all my life You have been so, so good
With every breath that I am able
Oh I will sing of the goodness of God

Verse 2

I love Your voice
You have led me through the fire
And in darkest night, You are close like no other
I've known You as a Father
I've known You as a Friend
And I have lived in the goodness of God

Bridge

'Cause your goodness is running after
It's running after me (2x)
With my life laid down I'm surrendered now I give You everything
'Cause Your goodness is running after
It's running after me

What A Friend We Have in Jesus

What a friend we have in Jesus
All our sins and griefs to bear
What a privilege to carry, everything to God in prayer
Oh, what peace we often forfeit
Oh, what needless pain we bear
All because we do not carry, everything to God in prayer

Have we trials and temptations
Is there trouble anywhere?
We should never be discouraged
Take it to the Lord in prayer
Can we find a friend so faithful, who will all our sorrows share?
Jesus knows our every weakness
Take it to the Lord in prayer

Be Still My Soul

Be still my soul, The Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In every change He faithful will remain
Be still my soul
Thy best, thy heavenly Friend
through thorny ways leads to a joyful end

Because He Lives

Because He lives, I can face tomorrow
Because He lives, all fear is gone
Because I know He holds the future
and life is worth the living, just because He lives

Praise Your Name

Verse 1

Even now, I can see darkness is fading
Walls of fear, brick by brick, will come down
Your light will shine, lifting me out of the shadows
Here and now I know where my breakthrough is found

Chorus

I'm gonna sing my way out of the valley
I'm gonna shout my way up to the mountain
I will take hold of the truth of Your promise
I'm gonna praise, I'm gonna praise
I'm gonna praise through 'til every lie crumbles
I'm gonna dance in the midst of the rain
I'm gonna rest in the arms of the Father
I'm gonna praise, I'm gonna praise Your Name

Verse 2

There's a sound welling up from within me
Heaven's power calling hope to arise
So I'm standing tall, here in the strength of Your victory
'Cause when You come every wrong is made right

Bridge

Fear and depression, shame and confusion
You have to bow, you have to bow
All lesser things that demand my attention
You have to bow
You have to bow

Chorus

We're gonna sing my way out of the valley
We're gonna shout my way up to the mountain
We will take hold of the truth of Your promise
We're gonna praise, we're gonna praise

We're gonna praise through 'til every lie crumbles
We're gonna dance in the midst of the rain
We're gonna rest in the arms of the Father
We're gonna praise, we're gonna praise Your Name

Rescue

He will send out an army to find us
in the middle of the darkness night it's true
He will rescue you
He will never stop marching to reach us
in the middle of the hardest fight, it's true
He will rescue you

Whom Shall I Fear (God of Angel Armies)

Verse 1

You hear me when I call
You are my morning song
Though darkness fills the night
It cannot hide the light, whom shall I fear?

You crush the enemy underneath my feet
You are my sword and shield
though troubles linger still, whom shall I fear?

Chorus

I know Who goes before me
I know Who stands behind
The God of angel armies is always by my side
The One Who reigns forever
He is a friend of mine
The God of angel armies, is always by side

Verse 2

My strength is in Your name
For You alone can save
You will deliver me
Yours is the victory, whom shall I fear?
Whom shall I fear?

Bridge

And nothing formed against me shall stand
You hold the whole world in Your hands
I'm holding on to Your promises
You are faithful, You are faithful