



## #homedevos 12.1

### GOD MY HELPER

#### A Walk Through Psalm 121

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In preparation: Have a strong torch ready for the game.

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No man has ever seen God face to face, except Adam and Eve in the Garden of Eden before the fall. But God, our Creator, our God and loving Father, desires that we will know Him, Who He is, what He does. He reveals Himself through His Word.

Today we are going to discover who God is and what He does for us in time of need.

We can know with absolute certainty that what we read in the Word, the Bible, is the truth and we can believe it.

Jesus Himself said, when He prayed to God, the Father: "Your word is truth." (John 17:17).

It is not the thoughts or writings of man but comes from God as we read in 2 Timothy 3:16: "All Scripture is given by inspiration of God."

We are now going to have a listening game. So, put on your amplified hearing aids on and listen well. I am going to ask you some questions.



#### First Question:

What does the psalm writer need? (verse 1-2)

Ready? I read Psalm 121.

- 1 *I will 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 to be moved;  
He who keeps you will not slumber.*
- 4 *Behold, He who keeps Israel  
Shall neither slumber nor sleep.*
- 5 *The LORD is your keeper;  
The LORD is the shade at your right hand.*
- 6 *The sun shall not strike you by day,  
Nor the moon by night.*
- 7 *The LORD shall keep you from all evil;  
He shall keep your life.*
- 8 *The LORD shall keep your going out and your coming in  
From this time forth and forevermore.*

The help that the Bible talks about here is not like washing the dishes, carrying bags, helping with homework. The Hebrew word for help is *ezer* and that means to *rescue, deliver or help*. It comes from a root word *azar* meaning to *surround, to protect*. That is the help God gives His children. It is help for the everyday challenges and problems, the things that make us anxious and scared.



### Question 2:

Who is God to us in times of need? I'll read the Psalm again.

Answer? (verse 5)

Yes, we read in v.5: "*The Lord is your **keeper**, the Lord is the **shade** at your right hand.*"

The Hebrew word for *keeper* is *shamar* which means to *hedge around (as with thorns), to guard*.

In the Old Testament times the people cut thorn bushes and packed a thick, thick wall with it to make a safe place for their animals that no predator or thief or danger could get to them. That is the picture of who God is to us, His children. He, the Creator of heaven and earth, God Almighty, is our Helper, who delivers us, rescues us, helps us and protects us, whatever our need is.

meaning of #devoicons



do an  
activity



do an  
action



pray  
together



memory  
verse



ask a  
question



play  
game



listen  
to audio



### Game:

Put off the lights. Shine a bright light on your children/family. Make sure there is enough space to move around. Ask them to run away from their shade.

The shade is always there. No matter how hard they try.

Question:

What do you think does it mean when the Bible say "The LORD is the shade at your right hand"?

Yes, He is always with us, close to us. He never leaves us or forsakes us (Heb.13:5).

We read in Psalm 121 not only who He is, but also what He does: He keeps us. We are going to read Ps. 121 a third time. This time you must listen very well and count how many times I read the word *keep* or *keeps*.



### Questions:

- How many times did you count?
- Why do you think God says FIVE times to us that He keeps us?

Did you perhaps hear what He is not doing? (verses 3-4)

Isn't it amazing! Our God never dozes off or sleeps or His attention distracted. He is always ready to keep, guard, protect and help you and me!



### Prayer:

- Is there anything that makes you anxious or scared? Let us pray for one another.
- Pray also for someone outside the family, who you know who are in need.



### Memory Verse: Psalm 121:5

"The LORD is your keeper;

The LORD is the shade at your right hand."

meaning of #devoicons



do an activity



do an action



pray together



memory verse



ask a question



play game



listen to audio



**Activity:**

Listen to this song, while the children draw a picture to portray this truth and write the verse next to it. <https://youtu.be/N2--JcvoGhI>

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do an  
activity



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