

**Dr. Ron Armstrong • August 16, 2020**  
**Unfiltered: Feel, Express, Live**

Psalm 121:1 I will lift up mine eyes unto the hills, from whence cometh my help.

2 My help cometh from the Lord, which made heaven and earth.

3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

4 Behold, he that keepeth Israel shall neither slumber nor sleep.

5 The Lord is thy keeper: The Lord is thy shade upon thy right hand.

6 The sun shall not smite thee by day, nor the moon by night.

7 The Lord shall preserve thee from all evil: he shall preserve thy soul.

8 The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

**A. The Psalms are about feeling.**

1. In our culture, we never quite know what to do with our feelings.
  - a. Some are ruled by their feelings. They feel something so they can't resist doing something. (Even when they know better.)
  - b. Some are always pretending they don't have feelings. They just continually deny them.
2. The writers of the Psalms knew there was a healthier path: feel, express, live.
3. This is one of the 15 songs of ascent.
  - a. The Israelites were told to go to worship in Jerusalem three times a year: Passover, Pentecost, and the Feast of Tabernacles.
  - b. This was sung by pilgrims as they

travelled towards Jerusalem and saw the hills.

c. Not all of the 15 songs are cheerful, but all 15 are hopeful.

4. Blessings, burdens, and trials are always present, but they are not equally present. Draw this with me:

Blessings  
Three bar graphs Burdens  
Trials

5. The psalmist was feeling his burdens; struggling with his trials, but choosing to look up and see the blessing. "Life is hard, but ..." is the way to read this psalm.

**B. Pilgrim, which will you choose to see?**

1. The blessing, the burden, or the trial? We are pilgrims in unprecedented times for us.
  - a. No inside service ...
  - b. No inside restaurants ...
  - c. Kids are home ...
  - d. Anxiety and fear intrude ...
2. It's all right to feel our burdens and we should wrestle with trials, but then it's time to sing the songs of hope.