



My Anchor Holds
Psalm 124:1-8
#30 in a series on the Psalms
Pastor Lyle L. Wahl
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Theme: **We Have Hope Because God Is Our Help.**

What Could Have Been Because of Enemies.

1. Devoured.
(3, 6; cf. 21:9; 35:16, 25; 37:12; 50:22; Genesis 49:27; Lamentations 2:2, 5, 8, 16)
2. Drowned.
(4-5; cf. 69:1-2, 13-15; Jeremiah 47:1-2)
3. Dominated.
(7; cf. 91:3; 119:10)

What Was Because Of God.

1. God—the reason and means.
(1-8; cf. 20:7; 22:19; 27:9; 33:20; 46:1; 94:17-19; 115:9-11; 121:1-2)
2. History—the record of God’s deliverance.
(3-7; cf. 34:19; 55:22; 66:9; 121:3; 1 Corinthians 10:13)

What Response Is Due God Because Of What He Has Done.

1. Praise and thanksgiving for the past.
(1-2, 6, 8; cf. 21:1-6; 66:1-7; 94:17-19; 98:1-3; 145:1-20)
2. Hope and confidence for the present and future.
(8; cf. 33:12-22; 41:1-11; 71:4-6; 131:3; Proverbs 3:26; 14:26; Romans 5:1-5; Hebrews 4:16; 6:13-20; 10:19)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Read Psalm 124. This Psalm is the God-directed personal testimony of King David. We are not given the exact circumstances, but 2 Samuel 5 which records his being established as king and the immediate challenge from enemies. He and the generations of travelers who sang this song on their way to Jerusalem could reflect on God as their constant help in their nation's history of facing enemies. Think about the *enemies* you have faced—including people, but also the things that have been hostile to you and attacked you from without and within.

Tuesday. “If only ... It could have been ...” These phrases can express both the best and worst outcomes we can imagine (realistic and unrealistic), and are familiar to us. Use the outline to review what could have been for King David because of enemies. Identify specific dangers in your own life ... “could have been for me, but didn't happen.”

Wednesday. The reason and means for not being destroyed by enemies—people, terrible and traumatic events—is, in one word, God. Yes, bad things do happen to God's people, but God our Help will keep us through them. Review the deliverances referred to in verses 3–7. Note what God will not allow for His children from Psalm 55:22, 66:9, 121:3 and 1 Corinthians 10:13. Yes, *you can have hope in the darkest night!*

Thursday. King David's response to God because of what He did is an excellent example. He looked back, praising and thanking God (1–2, 6, 8). Put this front and center in your life today, throughout the entire day. Make it a feature of every day.

Friday – Saturday. Sunday is the first Sunday of Advent. Our theme will be *Waiting*. Think about how you have waited for Christmas in the past. Also think about Israel waiting and waiting for the coming of the Messiah, the Savior, Jesus Christ as you prepare for our time of worship together.

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