

# MESSAGE NOTES

August 18, 2019

POURED OUT  
Psalm 121  
Pastor Jeff Nelsen

■ The \_\_\_\_\_ teach us to pour out our hearts \_\_\_\_\_ the LORD. Ps 62:8

■ It's \_\_\_\_\_ pour out our hearts to the LORD He \_\_\_\_\_ us.

I lift up my eyes to the mountains—where does my help come from?  
Psalm 121:1

## POURING OUT OUR NEED FOR HELP

① Psalmist asks himself: “\_\_\_\_\_ does \_\_\_\_\_ come from?”

■ Looking at the mountains brings \_\_\_\_\_ & \_\_\_\_\_.

■ As we \_\_\_\_\_ through life, we will \_\_\_\_\_ many \_\_\_\_\_.

My help comes from the LORD, the Maker of heaven and earth.  
Psalm 121:2

② Psalmist \_\_\_\_\_ his question by looking \_\_\_\_\_ the mtns.

■ He \_\_\_\_\_ the LORD, \_\_\_\_\_ of heaven & earth. Psalm 54:4; 124:8

■ *Depend*= to \_\_\_\_\_ on, \_\_\_\_\_ on, place \_\_\_\_\_ in. Proverbs 3:5; 29:25

The LORD will watch over your coming and going both now and forevermore.  
Psalm 121:8

③ Psalmist remembers how the LORD \_\_\_\_\_ & \_\_\_\_\_.

■ *Watch over*= to \_\_\_\_\_, protect, \_\_\_\_\_ with an \_\_\_\_\_ on. Ps 32:8

■ The LORD \_\_\_\_\_ fall \_\_\_\_\_ or let your foot \_\_\_\_\_. Ps 94:17-19

■ The LORD \_\_\_\_\_ your \_\_\_\_\_ & He \_\_\_\_\_ over you. Isaiah 25:4

■ The LORD \_\_\_\_\_ keep you from all \_\_\_\_\_ now & forever. Gen 50:20

■ \_\_\_\_\_ LORD, as I pour out my heart to You with “\_\_\_\_\_.”