



psalms

for the summer

¹ I lift up my eyes to the mountains – where does my help come from? ² My help comes from the LORD, the Maker of heaven and earth. ³ He will not let your foot slip – he who watches over you will not slumber; ⁴ indeed, he who watches over Israel will neither slumber nor sleep. ⁵ The LORD watches over you – the LORD is your shade at your right hand;

Psalm 121:1-5 (NIV)

⁶ the sun will not harm you by day, nor the moon by night. ⁷ The LORD will keep you from all harm – he will watch over your life; ⁸ the LORD will watch over your coming and going both now and forevermore.

Psalm 121:6-8 (NIV)

¹ I lift up my eyes to the mountains – where does my help come from? ² My help comes from the LORD, the Maker of heaven and earth. ³ He will not let your foot slip – he who **watches** over you will not slumber; ⁴ indeed, he who **watches** over Israel will neither slumber nor sleep. ⁵ The LORD **watches** over you – the LORD is your shade at your right hand;

Psalm 121:1-5 (NIV)

⁶ the sun will not harm you by day, nor the moon by night. ⁷ The LORD will keep you from all harm – he will **watch** over your life; ⁸ the LORD will **watch** over your coming and going both now and forevermore.

Psalm 121:6-8 (NIV)

⁷ The LORD will keep you from all harm – he will watch over your life;

Psalm 121:7 (NIV)

¹ I lift up my eyes to the mountains – where does my help come from? ² My help comes from the LORD, the Maker of heaven and earth.

Psalm 121:1-2 (NIV)

Shamar

To keep guard, to preserve, to protect, to watch

His watching is protective.

His watching is intimate.

His watching is constant.

³ He will not let your foot slip – he who watches over you will not slumber; ⁴ indeed, he who watches over Israel will neither slumber nor sleep.

Psalm 121:3-4 (NIV)



His watching is protective.

His watching is intimate.





KEYHOLE ROUTE AHEAD

DO NOT CLIMB IF UNPREPARED

The Keyhole route is a climb that requires scrambling on exposed narrow ledges, loose rock and steep slabs. Sudden changes in weather may create high winds, lightning, rain, hail, snow, freezing temperatures and ice covered rock at any time.

A slip, trip or fall could be fatal. Rescue is difficult and may take hours to days.

Self-reliance is essential

Stay on route and be willing to turn around at any time.

Safety is your responsibility

“The keyhole route is a climb that requires scrambling on exposed narrow ledges, loose rock and steep slabs. Sudden changes in weather may create high winds, lightning, rain, hail, snow, freezing temperatures, and ice-covered rock at any time. **A slip, trip, or fall could be fatal. Rescue is difficult and may take hours to days.** Self-reliance is essential. Stay on route and be willing to turn around at any time. **Safety is your responsibility.**”

³ He will not let your foot slip – he who watches over you will not slumber;

Psalm 121:3 (NIV)

⁵ The LORD watches over you – the LORD is your shade at your right hand; ⁶ the sun will not harm you by day, nor the moon by night.

Psalm 121:5-6 (NIV)

His watching is constant.

⁵ The LORD watches over you — **the LORD is your shade at your right hand;** ⁶ the sun will not harm you by day, nor the moon by night.

Psalm 121:5-6 (NIV)

⁷ The LORD will keep you from all harm – he will watch over your life;

Psalm 121:7 (NIV)

¹ I call on the LORD *in my distress*, and he
answers me.

Psalm 120:1 (NIV)

³ Have mercy on us, LORD, have mercy on us, for we have endured no end of contempt. ⁴ We have endured no end of ridicule from the arrogant, of contempt from the proud.

Psalm 123:3-4 (NIV)

¹ My God, my God, why have you forsaken me?
Why are you so far from saving me, so far from my
cries of anguish?

Psalm 22:1 (NIV)

⁸ the LORD will watch over your coming and going
both now and **forevermore.**

Psalm 121:8 (NIV)

³⁵ Who shall separate us from the love of Christ?
Shall trouble or hardship or persecution or famine
or nakedness or danger or sword? ³⁶ As it is written:
“For your sake we face death all day long;
we are considered as sheep to be slaughtered.” ³⁷
No, in all these things we are more than conquerors
through him who loved us.

Romans 8:35-37 (NIV)

³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39 (NIV)