

March 27, 2022  
La Jolla Christian Fellowship  
**WORSHIP // More Than A Song**  
**Episode 2: Living A Vertical Life**  
Pastor Adam Stadtmiller

**Psalm 121 Ascending the Mountain Of God**

*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; 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.*

**Series Premise:** Rebuild a foundation of worship in your life beyond **sung worship**.

- Last week we discovered that worship acknowledges God as greater than ourselves and detoxifies our lives by purifying our tongue.

**Worship is more than a renewed focus or a head space.**  
**Worship is an act of ascent that directs our actions in the direction of our renewed focus.**

**Today's Focus**

1. **Worship fixes our gaze on an epicenter of God's glory, provision, and care.**
2. **Worship is as physical as it is spiritual.**

**Vs. 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.*

- **Worship** is a concise decision to change our focus. *"I lift up my eyes"*
- **Worship** reminds us that all the challenges we face in this world are within the dominion of the One who created it. *"Maker of heaven and earth"*

**Vs. 3-5** *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 —*

- **He will not let your foot slip: Vs. 3** This verse assumes that there are still perils that need to be navigated as we ascend the mountain of God.
- **He will be your guide: Vs. 4-5** *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 —*
  - Notice that the language of ascent involves God watching over us and guiding us rather than carrying us to the top.

**Practical steps to living a life of spiritual ascent this week:**

1. Lift your eyes up and your heart will follow.
2. Make concise physical decisions of ascent.

**Small Group Questions:**

1. Where has your focus been recently. Are you focusing on the valleys or the mountains?
2. Give two practical ways you have used in the past to change your focus.
3. The scripture says that God will not let your foot slip. Do you find it odd that you would need to watch your path and step as you ascend the mountain of God? Why would God's mountain have any perils?
4. David acknowledges that God is the maker of heaven and earth. Why do you think he would add this to this Psalm of ascent? Why should we perhaps do the same?
5. Does current Christian culture currently focus enough on worship being a lifestyle that changes the actual decisions we make in our daily lives?