

Your Help is Here!
Psalm 121:1-8

SMALL GROUP QUESTIONS

“Your Help is Here!”

CENTRAL TRUTH (Psalm 121)

Life is a journey filled with unpredictable path. And God is with you to protect and help you through it all

GETTING TO KNOW YOU

1. At this time, what is one thing that brings joy to your life and what is one thing that keeps you up at nights (if you have any)?

TAKING IT HOME

2. Who/What do you rely on when life gets difficult?

3. Read Psalm 121:1-8 three times. First time, just read. Second time, circle any words and texts that jump out at you. Third time, write any thoughts that come to you.

Psalm 121

A Song of Ascents.

121 I lift up my eyes to the hills.

From where does my help come?

² My help comes from the LORD,
who made heaven and earth.

³ He will not let your foot be moved;
he who keeps you will not slumber.

⁴ Behold, he who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper;
the LORD is your shade on your right hand.

⁶ The sun shall not strike you by day,
nor the moon by night.

⁷ The LORD will keep you from all evil;
he will keep your life.

⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.

Share any thoughts with your group. Why did the Psalmist trust God for help in his journey to the Temple (and for us, in our journey of life)?

4. Psalmist note that our God is the Powerful Creator (121:2), Vigilant Protector (121:3-6 => “not slumber”), and Eternal Savior (vv.7-8 => “forevermore”). Either based on this outline or on your personal insights from the text, how can God help you in your journey of life?

5. PRAYER: Pray that you will experience more of God’s presence and you walk with him.