



### **Community Group Study: The Daily Grind**

Pilgrim Songs - Part 2 | Psalm 121 | week of June 11

#### **GETTING STARTED**

- Describe the biggest mountain you have ever climbed, literally or figuratively.

#### **Read Psalm 121**

#### **DISCUSSION & APPLICATION**

- This song was likely sung on the way 'UP' to Jerusalem. Why does the Psalmist look to the mountains?
- Why might the Psalmist need help on the road to Jerusalem?
- When the Psalmist identifies where his help comes from, how does he describe this helper and what is the significance?
- In verse 3, we are told that "he who watches over you will not slumber" and in verse 4 "will neither slumber nor sleep". Why is this significant?
- Are there any phrases that are repeated in verses 3-8?

- Explain why this phrase has no negative connotation to it in the Psalmist's day, yet today it might in many people's minds.
- When your road seems long and you feel weary, from where are you tempted to look for help?
- When you think of your greatest problems in life, how do they compare to the problem of sin that God has already solved for you?

#### **NEXT STEPS**

- Write a list of the things that make you weary and wear on your physical, emotional and spiritual wellbeing. Ask yourself, "Which would be more difficult for God to do, help you through this challenge or create the universe from nothing?"
- Read Psalm 42 and contrast it with our text today. This song is written because the Psalmist is not able to go to Jerusalem for the festival. Note the similarities of phrases and the differences.