

# PSALM 121

## God Is Our Help

### Memory Verse

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“The LORD will keep you from all evil; He will keep your life.”

—Psalm 121:7

### Real-life Problems

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**Fearful feelings**—Students often find themselves in times of fear and unknown. We may fear what will happen if we do not get into the college of our choice. We fear going on a school trip when none of our close friends will be going. In moments when we feel like we are walking alone into dark places, we need someone to be by our side as our friend and helper.

### The Good News

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God is our help in all moments of life. He preserves us, leads us, and guides us as we walk with Him.

## *I. Introduction*

### *What’s going on?*

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#### REMINDE:

Last week, we learned that God is eternally consistent in His love, grace, and forgiveness toward His people. His people have the great opportunity to join with all of heaven in praising Him for His faithfulness.

#### TODAY WE’LL LEARN:

- 1) God is our help in all moments of life, and we can rely on Him.
- 2) As we sleep, God watches over us; He never sleeps.
- 3) God keeps our lives in every moment.

## *Read*

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Read **Psalm 121** on your own.

## *II. Questions for Discussion*

### A. WHAT?

**1) Where does the songwriter look for His help (Ps 121:1-2)?**

**2) What does the songwriter say about the LORD's work (v. 2)?**

**3) What does the LORD not do that people do (vv. 3-4)?**

**4) What does the LORD do to protect His people (vv. 3-6)?**

**5) What will the LORD keep His people from in order to preserve their lives (v. 7)?**

**6) What is the length of God's care for His people (v. 8)?**

**B. SO WHAT?**

**1) Why would the LORD be described as being in the hills (vv. 1-2)?**

**2) Why would the truth that the LORD made heaven and earth be comforting to those seeking help (v. 2)?**

**3) How can the truth that the LORD does not sleep comfort us when we desire His help (vv. 3-4)?**

**4) Knowing that this psalm was sung by those journeying to the temple to worship God, why would they need protection from falling and from the sun and moon (vv. 3-6)?**

**5) Why would being kept from evil help preserve the lives of God's people (v. 7)?**

**6) Why would the songwriter remind the people of God's everlasting care for them (v. 8)?**

**C. NOW WHAT?**

**1) What are some ways we, as God's people, need protecting?**

**2) How have you seen God's protection at work in your life or the lives of those around you?**

**3) How does knowing about God's constant care for you strengthen your faith in Him?**

