

The Heart of the Matter

12. When you've been in trouble where have you usually looked to find help?

13. How has God protected you throughout your journey in life?

14. When have you felt the most vulnerable in your journey through life?

15. In this Psalm, what promises from God are the most important to you?

Praises and Prayer Requests:



Life Group Study Guide

Where Does Your Help Come From? Psalm 121:1-8 For the Week of October 15, 2023

Getting Started

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling?

2. Are you a night owl or a morning robin? When are you the most creative?

3. What is the most enjoyable travel experience you have ever had? Do you like to travel or do you generally dread it?

Digging Deeper

4. All of us are travelers in life as we find our way through life's joys (ups) and difficulties (downs). What kind of imagery does verse 1 bring to mind as the traveler looks to the hills? According to this verse, what does the nature of the traveler's question imply?

5. From verse 2, what kind of help might the traveler need in life? How does God bring help to us? Why is it important to establish that our God is the Maker of heaven and earth?

6. What reassurances does God give the traveler in verse 3 concerning our footsteps? What are the implications for us in our lives? (Psalm 66:9; Proverbs 3:23; Jude 1:24-25)

7. According to verses 4, after all they have been through, how has God looked after the nation of Israel over the years? Why does the Psalmist point out that our God is never asleep at the wheel so to speak in verses 3 and 4?

8. In verse 5 what does it mean that God is the one who "keeps" us? In what ways does God's shadow or shade bring comfort to us? (Psalm 91:1)

9. What does verse 6 mean? (Isaiah 49:10; Revelation 7:16) How would this truth be an encouragement to the traveler?

10. Why is verse 7 so important for all of us? How exactly does He protect us from evil? How does He keep our lives?

11. What are the promise that God is making in verse 8? Is there any time limitation on this promise?