



Psalm 121

Passage: Psalm 121:1-4

Summary: Do you need help? Where do you look for help? These two questions cycle through the life of everyone, but believers have a powerfully different answer. This psalm helps us discover a God who is powerful and constantly working for the good of his people. This amazing reality has profound implications on how we live our lives and face the tensions and problems of our daily lives.

Discussion Questions:

- Do you see yourself as needing help? Why or why not?
- What specific issues/problems in your life cause you to look for help?
- How are you tempted to look “to the hills” for help in your life? What idols do you turn to for help instead of God?
- God never sleeps, never stops working for His people. How does that make you feel?
- What would it look like for you to ask God for help this week? What specific things do you need help with?
- How have you recently struggled to obey God? How does God’s constant work for you free you to obey in that area?
- How will you recklessly obey God this week?