

## **SOUNDTRACK: Encountering Jesus in the Songs of Scripture**

### **Week 4: Psalm 121**

**Introduction:** One of the mistakes while traveling is not being willing to ask for directions or help. There have been many intensive negotiations between couples on trips, mainly because, the husband will not stop and ask for directions. Fortunately, we now have the technology to type in an address in our smart phones and the GPS will not only show the route of your destination, it will actually speak the directions to you. I suspect this device has contributed to the peace that now resides in many automobiles that are moving towards a destination. Similarly, we learn here in our study of Psalm 121 that the pilgrim looks to the Lord as his ultimate source for help as he can see in the distance the hills of Zion, the place that the Lord, the creator of the heavens and the earth, loves more than “all the other dwelling places of Jacob” (Ps. 87.2).

As a reminder, the Psalms of Ascent were traveling Psalms for the worshipping Israelite on his pilgrimage toward God as they went up to Jerusalem for the three festivals. Deuteronomy 16.16 reminds us that each male was instructed by God to attend the festivals of unleavened bread, of harvest, and the festival of shelters. The compilation of Psalms 120-134 probably existed as early as the exilic period with the design to help the pilgrim journey closer in their relationship to God and to avoid the many pitfalls, difficulties, diversions, and distractions that can prevent one from continuing in their walk to worship the Lord.

**The Big Picture:** This psalm directs the thoughts of the pilgrim to God as his source of help (c.f. Ps. 23). It gives assurance that Israel’s Keeper will maintain vigilant oversight to protect His people.

### **Discussion:**

#### **Share:**

- Describe a time in your life when you needed help, but had no idea from where or when help might arrive. How did you feel? How did the situation resolve, if at all?

#### **Discuss:**

#### **Sermon Review:**

- Write down any questions or thoughts that stand out to you as you review the sermon together. Discuss them as a group.  
Link: <https://www.cornerstonecrystal.org/messages/>
- What are the three essential elements of a psalm of ascent?
- Respond to Pastor Jeremy’s statement: “God is willing and able to lead you through all of life.”
- How do you understand the following statement: “He does not slumber, nor sleep”?

- Respond to Pastor Jeremy’s statement: “God is vigilantly for you.”
- “God is not absent from any aspect of your life” Is that statement harder or easier for you to live out? Why do you think this?
- Respond to Pastor Jeremy’s statement: “You do not go through life alone.”

**Unsettled or Uncertain:**

- What questions, concerns or doubts do you still have as this discussion wraps up?

**Now That You Know:**

The reason we do not experience the protection of the Lord at times is because we do not ask for help. This was the Apostle Paul’s point when he wrote:

*“Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able but with the temptation will provide the way of escape also, that you may be able to endure.” 1 Corinthians 10.12-1.*

So, what about you? What are you going to do when you need help? I pray you will do as this pilgrim did, seek the Lord who made the heavens and the earth.

**Further Exploration on this Topic:**



*Don't Give Up: faith that Gives You the Confidence to Keep Believing and The Courage to Keep Going* by Kyle Idleman

**From the Publisher:** The parent with the wayward child. The couple whose marriage is in jeopardy. The man who is out of work. The woman stuck in crushing debt. The patient with a bad diagnosis. The student who can't get a fair shake. People hanging by a thread, losing faith and short on strength. What do they all need to hear?

Don't give up. Our lives are minefields of challenges that take their toll on our courage, our conviction, and even our faith. But God whispers to the weary, Don't give up. Drawing from inspiring biblical stories and first-person testimonies of perseverance, bestselling author and pastor Kyle Idleman encourages readers to cast their concerns on God, trust in his love and timing, pray for patience and strength, and seek out support in the family of God.

Link: <https://www.amazon.com/Dont-Give-Up-Confidence-Believing/dp/0801019427>