

# SONGS OF ASCENT



## SMALL GROUP QUESTIONS

**Series:** *Songs of Ascent: Discipleship in a Changing World*  
*Psalm 121*

*Part 2- The Helper*  
*Pastor Tom Kang*

- 1) Read Psalm 121. What word or phrase stands out to you the most from this passage? Why?
- 2) What are some “mountains” you are facing in life today?
- 3) There is one mention of the psalmist "lifting up his eyes" vs. five mentions where God's eyes are on the psalmist. Identify the six total occurrences and share your observations on what this could mean.
- 4) Identify a time when you have been the benefactor of one of the three specific ways Psalm 121 identifies God's manner of help (*mitigate mistakes v.3, external elements v.5-6, internal influences v.6*).
- 5) Discuss the comprehensives and meaning of Psalm 121:7-8. Has this been your experience in life ... how or how not?
- 6) How does the psalmist preach this song to himself? And how can you turn this psalm into a prayer?
- 7) Spend time praying for one another.