

## Small Group Study Spring Semester Week Seven

*Remember, these questions are just tools for discussion. You don't need to 'get through them all'. Use the questions that are helpful, skip the questions that are not. And let the conversation flow naturally.*

### Optional Ice Breaker(s)

- a) Would you prefer to spend a week in the mountains, or a week at the beach? What is your favourite kind of natural terrain (mountains, beach, forest, etc.)?
- b) If you were given unlimited money to travel for a month once the COVID-19 restrictions are lifted, where would you go?

### Passage and Discussion

*Read Psalm 121*

- a) What stands out to you upon first reading of this passage? What is a theme, verse, or word that you find encouraging? What do you find challenging in this passage?
- b) On Sunday, Cam began by inviting us to ask ourselves the question: "who do I trust"? Why is the object of our trust important? What happens if we put our trust in the wrong person/place/thing, especially when it comes to our spiritual growth?
- c) Cam taught that in this Psalm, we read as the Psalmist 'works out' whether or not God is worthy of his trust. Have you walked through a similar process in your life? Have you found yourself working through questions about God's trustworthiness?
- d) As we are invited to be "honest to God", we are reminded that it is okay for us to ask the question: "can I trust God"? Though we know the biblical answer to this question, what would your honest answer to this question be?
- e) This Psalm, as a Psalm of Ascent, helps us to move closer to God (as the pilgrims traveled closer to the Temple as they sang this song). How does reflecting on truths about God help us move closer to who He is? What other spiritual disciplines help you "move closer to God"?
- f) To find help, the Psalmist "lifts [his] eyes to the mountains". What does 'lifting your eyes to the mountains' mean to you? Why does our perspective matter as we walk through difficult seasons in our lives?
- g) In this passage, the Psalmist declares that his help comes from "the Lord, the maker of heaven and earth". What are other people/places/things that we turn to in our lives to find help? What happens when we try to find help in our lives outside of God?
- h) As Eugene Peterson paraphrases, our help doesn't come from the 'mountains', it comes from the One who made the mountains. What are spiritual disciplines that we can use in our everyday lives to remember this truth?

- i) **Read Isaiah 45:18-26.** In this passage, we read about the power of God; “the maker of heaven and earth” (Psalm 121:2). What kind of response should we have to a God who is powerful and holy? How do we properly worship this God?
- j) If it’s true that the Lord “will watch over your coming and going”, how does this change the way that you live your life? If you know that you will never be abandoned by God, how does this affect the way that you make decisions about the future?
- k) On Sunday, Cam taught us how significant it is that God “will neither slumber nor sleep”, especially in a culture that had myths about other gods sleeping. In your own life, what is the significance of a God who never stops protecting you and working for your good? How should we respond to this steadfastness?
- l) Was there anything else in the message on Sunday that stood out to you as impactful or challenging? Did you learn anything about the Psalms that you didn’t know before?

### **Take it Home (Optional Ideas for Response this Week)**

- a) This week, continue reading through the Psalms! Over the next few weeks, we will be exploring a new Psalm each week, so begin reading them to have them in your mind as we learn them together as a church community.
- b) In **verse 3** of this passage, we are reminded that “He who watches over [us] will not slumber”. Each night this week, before you go to sleep, re-read this passage, and remind us that God will always be with you; that He will always “watch over your coming and going”.

### **Optional Ideas for Prayer Time**

- a) In this season, it is important for us to be intentionally praying for each other. This also means that we must each choose to be honest and vulnerable with our prayer requests. Take time to ‘check-in’ about how each person is doing, and pray for them.
- b) As a group, spend time together praying that each person in your group would grow in their knowledge that “the Lord watches over [them]”. Pray that each person would grow in peace and joy through their relationship with their Father.