



WEEK FOUR

Jehovah Ezer

Psalm 121

5-DAY DEVOTIONAL • SMALL GROUP GUIDE

Lift Your Eyes

DAY 1

When You Need Help, Look Up

READING · PSALM 121:1-2

The psalmist begins not with an answer but with an honest question. Before declaring where his help comes from, he admits that he needs it. There is something deeply spiritual about that kind of honesty before God. We live in a culture that rewards self-sufficiency and punishes vulnerability, but God is not impressed by our pretending. He is drawn to our honesty. Lifting your eyes is an act of faith. It is choosing to look beyond your circumstances toward the one who is greater than every circumstance you face. Today, before you attempt to solve anything on your own, lift your eyes first.

REFLECTION

What situation requires you to stop looking inward and start looking upward?

TRY THIS WEEK

Begin your day by writing down one specific need and intentionally surrendering it to God in prayer before you attempt to address it yourself.

DAY 2

Your Helper Made Everything

READING · PSALM 121:2; ISAIAH 40:28-31

The psalmist does not simply say God helps. He identifies the capacity of his helper by declaring that his help comes from the one who made heaven and earth. This is not a small detail. It is the entire foundation of his confidence. When you are facing something that feels impossibly large, the question is never whether you are strong enough. The question is whether your God is strong enough. The one who spoke galaxies into existence, who formed mountains and carved valleys, who set the boundaries of every ocean, that is the one who has chosen to help you. The size of your problem is not the issue. The size of your God is.

REFLECTION

How does knowing that your helper is the Creator of everything change the way you view your current challenges?

TRY THIS WEEK

Go outside and spend a few minutes observing creation—a tree, the sky, the ground beneath your feet—and remind yourself that the God who made all of it is watching over you today.

DAY 3

The God Who Never Sleeps

READING · PSALM 121:3–4; LAMENTATIONS 3:22–23

In a world where everything and everyone eventually grows tired, the psalmist offers one of the most comforting truths in all of Scripture. God does not slumber. He does not sleep. He does not drift in and out of awareness of your situation. There is no moment in your life, no hour of the night, no dark season of the soul, where you have slipped outside of his attention. While you rest, he works. While you worry, he watches. While you wonder if anyone sees what you are carrying, he is fully present, fully attentive, and fully sovereign over every detail of your life. You can lay your burdens down tonight because he is already awake.

REFLECTION

What have you been carrying through the night that God is inviting you to release to him?

TRY THIS WEEK

Before sleep tonight, write down what's keeping you anxious, then speak aloud, “God, you are awake, so I do not have to be. I trust you with these things.”

DAY 4

Shade in the Heat

READING · PSALM 121:5–6; 2 CORINTHIANS 12:9–10

God does not always remove the heat. Sometimes he becomes your shade in the middle of it. This is one of the most important distinctions for the believer to understand. When we ask God for help, we often mean remove this difficulty. But God's help is frequently more personal and more profound than simple removal. He draws near. He sustains. He provides a grace that you did not manufacture and a peace that you cannot explain. The sun is still shining, but you are no longer being destroyed by it. His presence becomes your protection. Some of the greatest testimonies are not that the storm stopped, but that somehow, by the mercy of God, you made it through.

REFLECTION

Can you identify a season where God did not change your circumstances but sustained you through them? What did that teach you about his character?

TRY THIS WEEK

Reach out to someone in a difficult season with a word of encouragement. Remind them that God's help does not always look like removal, but it always looks like presence.

DAY 5

From This Time Forth and Forevermore

READING · PSALM 121:7–8; PHILIPPIANS 1:6; ROMANS 8:35–39

The psalm that begins with a question ends with a declaration. The traveler who once wondered where his help would come from now rests in the confidence that the Lord will keep his going out and his coming in, from this time forth and forevermore. This is not a temporary arrangement. This is a covenant promise. The God who helped you yesterday is the God who will help you tomorrow. The God who kept you through your hardest season is the God who will keep you through every season still to come. Whatever God begins, he finishes. Whatever he promises, he fulfills. You are not on this journey alone, and you will not be abandoned before you arrive home. He who began a good work in you is faithful to complete it.

REFLECTION

How does the permanence of God's commitment to keep you change the way you face an uncertain future?

TRY THIS WEEK

Write out Psalm 121:8 and place it where you'll see it daily this week. Each time you read it, thank God for one specific way he has faithfully kept you in the past.

Jehovah Ezer — The Lord Our Help

OPENING PRAYER & ICE BREAKER

Ice Breaker: When you hear the word “help,” what is the first thing that comes to mind—a person, a resource, a memory?

SERMON OVERVIEW

This session explores the truth that God is not merely a God who gives help—he is himself our help. Drawing from Psalm 121, a song sung by pilgrims traveling upward to Jerusalem, we examine what it means to lift our eyes to the Lord as our source, our keeper, and our sustainer from this time forth and forevermore.

KEY SCRIPTURE · PSALM 121:1–2

I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.

DISCUSSION QUESTIONS

Digging In

- 1 Can you think of a time when you found yourself in a situation that was simply bigger than your own ability to handle? Without too much detail, what did that feel like?
- 2 We often treat prayer as a last resort rather than a first response. Why do you think that's so common, even among people who genuinely believe in God? What does it reveal about where we're really placing our trust?
- 3 Read Psalm 121:1–2. The psalmist lifts his eyes and asks where his help comes from, then answers his own question. Why does it matter that he identifies God as the one “who made heaven and earth”? How does knowing the capacity of your helper change how you approach your problems?
- 4 “Never confuse the instrument with the one holding the instrument.” Talk about a time God used a person or circumstance to help you. Looking back, how do you see God as the source behind that help?

Going Deeper

- 1 Read Psalm 121:3-4. “Keep” appears five times in this psalm. What does it mean to you that God neither slumbers nor sleeps? How does that speak to the anxious, restless moments—especially the ones at night?
- 2 God is described as shade on your right hand—the shade doesn't make the sun disappear, it gives relief from it. “Sometimes God doesn't remove the heat. He gives us shade in the middle of it.” How does that reframe unanswered prayers for our circumstances to change?
- 3 Read Psalm 121:7-8. The psalm closes with “from this time forth and forevermore.” What does it mean that God's keeping is not temporary or conditional? How does that give you confidence for whatever lies ahead?

The Gospel Connection

- 1 This series has explored several names of God—I Am, Jehovah Jireh, Jehovah Shalom, and now Jehovah Ezer. “The point was never to learn new names for God. The point is to know the God behind the names.” Which name has spoken most directly to your current season, and why?
- 2 Our greatest need was never financial, relational, or circumstantial—it was spiritual. God did not look down from heaven and say “help yourself.” He came down. How does the cross deepen what it means that our help comes from the Lord?

KEY TAKEAWAYS

- ✓ **God isn't a resource** — he is the source of our help.
- ✓ **Never confuse the instrument with the One holding it.**
- ✓ **The Lord keeps you** — “keep” appears five times; he never slumbers or sleeps.
- ✓ **Sometimes God doesn't remove the heat** — he becomes your shade in it.
- ✓ **God keeps you to the end** — from this time forth and forevermore.

THIS WEEK'S CHALLENGE

Choose one or more to practice before you meet again:

Option 1 Identify Your Hills

Write down the things in your life that feel overwhelming—the situations where you've been looking for help in the wrong places. Bring them specifically before God and practice making him your first response rather than your last resort.

Option 2 Pray the Psalm

Read Psalm 121 aloud slowly, once in the morning and once before bed, for the next seven days. Notice which verse lands differently depending on what you're facing, and journal what you observe.

Option 3 Trace the Keeping

Look back over the last year and write down three to five moments where you can now see God was keeping you, even if you didn't recognize it then. Share one with someone this week.

Option 4 Examine Your Trust

"People are not our source." Honestly examine where you've placed your ultimate confidence—a person, a plan, a paycheck, your own ability. Confess it and ask God to reorient your trust toward him.

Option 5 Memorize Psalm 121:2

Commit to memory the declaration that your help comes from the Lord who made heaven and earth. When anxiety or fear rises, speak it aloud as a declaration of faith.

CLOSING PRAYER POINTS

- Gratitude for specific ways God has kept group members in recent seasons.
- Honesty about areas where you've been looking for help in the wrong places.
- Confidence that God neither slumbers nor sleeps over what your group is carrying.
- Boldness to make God your first response, not your last resort, in the week ahead.

“

God did not look down from heaven and say, “Help yourself.” He came down.

UNKNOWN GOD · WEEK FOUR