

**Psalms for the Seasons
For the Seasons of Anxiety – Psalm 121**

Intro: Do you know that you face a bigger “invisible enemy” than the coronavirus?

It is _____ fueled by “what if?” Psalm 121 provides truth in response to anxiety.

I. The Relationship of the Psalmist to God – 121:1-2

- A. The Psalmist’s _____ –
- B. The Psalmist’s _____ –
Cf. Daniel 6:10 – “Windows opened toward Jerusalem.”
- C. The Psalmist’s _____ –

A Little Time for Reflection –

- 1. When you are anxious, where do you _____?
- 2. What _____ do you ask?
- 3. What _____ do you make?

II. The Relationship of God to His People – 121:3-8

- A. God Will Not Do Certain Things –
 - 1. God will not allow _____
- Psalm 73:2; Proverbs 3:23; Jude 24
 - 2. God will not _____
 - 3. God will not _____

- B. God Will Act in Certain Ways –
 - 1. _____ – 121:5 (To watch over)
 - 2. _____ – 121:5-6

People can become anxious over both fact and fiction, but the response is always to settle on the truth of who God is and his relationship to His people.

- 3. _____ – 121:7-8

Conclusion: Why be anxious over anything? There is never a time to give anxiety power.

Help comes from the Lord who made heaven and earth, and also made the way to know peace in the place of anxiety.

Let’s look to the Lord from where comes our help; and exchange our anxieties rooted in problems for peace rooted in a personal relationship with Jesus Christ.

Small Group Questions

Develop

1. Do you think people are more anxious today than one year ago? Why or why not?

Dig

1. What do you think to be the central idea in Psalm 121?
2. What difference does that message make in your life as a believer?
3. Read verse 2. What in this verse makes the decision to trust the Lord the only response?
4. Read Daniel 6:10. What did Daniel do when he could have easily become anxious about government?
5. Read Psalm 73:2; Proverbs 3:23; and Jude 24. What assurances to these verses give to help against anxiety?
6. Review what the psalmist said that God will both do and not do in verses 3-8. How do these truths help against anxiety?

Do

1. How has this study helped you with anxiety?
2. What is one thing that you can do differently concerning anxiety in your life?