



PEOPLE OF PRESENCE

— From God's Presence to God's People —

QUARTER 1 — CREATED TO DWELL

Learning to Delight in God's Presence

WEEK
10

HOPE

Psalm 121

"I lift up my eyes to the hills—
where does my help come from?"

“

Unless the Lord
builds the house,
its builders labor
in vain.

PSALM 127:1



THE BIG IDEA

God is my helper.
I can face today
with hopeful expectation.



GOSPEL IDENTITY

Because Christ is my Sabbath
and Sustainer...

- ✓ I am not alone.
- ✓ I can look to the hills.
- ✓ I hope in His unfailing help.

FROM PROTEST TO PRAISE

A JOURNEY THROUGH PSALM 121



1 LIFT MY EYES

Where do I look?

My help comes from
the Lord, maker of
heaven and earth.



2 REMEMBER

Who He is.

He never sleeps.
He watches over
my life.



3 RECEIVE

What He does.

He protects me
from every evil
and every need.



4 REST

How I respond.

I go and come
in peace, today
and always.



CREATIVE RESPONSE

TACTILE: MAKE SOMETHING

"Where I See God's Help"

Create a simple reminder—a
wood sign, stone art, jar
of notes, photo board, or
anything tactile.

Write or collect moments
where you've seen God's
help and place it where
you'll be encouraged.



BODY LIFE PRACTICE

BLESS SOMEONE
IN THE GROUP

Encourage and speak
life over someone in your
group. Let them know you
see God's help in them.



COMPANION QUESTIONS

- 1 When has God helped you in a time you didn't expect?
- 2 What helps you keep hope when life feels heavy?
- 3 How does Psalm 121 challenge the way you live today?
- 4 Who in this group needs a word of hope this week?



PRESENCE PRACTICE

THIS WEEK

Look for 3 moments of
God's help. Write them
down each evening.



Today I
choose to
notice...



Today I
thank God
for...



Today I will
rest in His
help by...



MEMORY VERSE

Psalm 121:1
"I lift up my eyes to
the hills—where
does my help come
from?"



GOSPEL TRUTH

My help comes
from the Lord,
the Maker of
heaven and earth.
(Psalm 121:2)



God's last day was Adam and Eve's first day. We are invited to work from rest,
not for it—setting apart time to ponder all that is "working while we rest without our help."