

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



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Welcome!

SERIES: GROWN FOLKS MUSIC
Today's Message: Songs for the Road
Dr. Lance D. Watson, Senior Pastor

PRAYER: Gracious God, thank you for our journey. Thank you for being with us across every mile, through every valley, around every difficulty, despite every detour. You will guide us safely to exactly where we're supposed to be. You are our confidence. In Jesus' name, we pray. Amen.

ICEBREAKER: Name your favorite traveling songs (one old and one new) and share with your group why you like to listen to those songs when you travel.

INTRODUCTION: The psalms have just as much relevance today as they did for the ancient Hebrews: this psalm is no exception. Our life's journey has many perils—depression, doubt, discouragement, despair, loss, suffering, and anxiety meet us on the road. However, we can find comfort in the rich reality that we serve a great and sovereign God. God is in control. God is in charge. God is still on the throne. As this psalm illustrates, we should lift our eyes to God and trust in God's perfect plan for our lives. While God's plan does not guarantee an easy journey, God does promise to be with us all the way. This is the song we sing on the road.

SCRIPTURE: Read Psalms 121 (NIV)

DISCUSSION:

1. *What stood out in today's message? What was your favorite part of the message today? What's one thing you learned?*
2. Psalm 121 can be divided into 4 stanzas each containing two verses, 1-2, 3-4, 5-6, 7-8. If you could give a title to each stanza that would summarize the main thought of each, what would they be?
3. Psalm 121 is called a "song of ascents" that was sung by Hebrew pilgrims, worshipers of God, as they traveled to Jerusalem making a pilgrimage to be in God's visible presence (the Shekinah Glory) and to worship. All of us are likewise on a journey in life. How do the following verses support this thought? Gen. 12:1-3, 35:27; Heb. 11:8-10, 11:13-16, 12:1-2, 22).
4. The worshiper in this song declared his confidence and trust in the Lord as his helper in v. 2. Considering the reasons presented in this verse and in the verses that follow, what is it that makes this decision of trust the only right response? List and then share your reasons.
5. How do the following figures of speech help you in understanding the magnitude of the Lord's care and help for you? Helper. Keeper. Defender. Preserver.

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6. If you were to write the central message or key idea presented in Psalm 121, what would it be? What difference does that message make in your life as a person of faith?

CHALLENGE: Create your own list of road songs from a faith perspective. What songs give or can give you comfort and confidence as you continue your journey of faith?

SERVE: Pray over Psalms 121 this week. **Praise** God for your journey thus far this year. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory
EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): TBD
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): TBD

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.