

## Life Group Questions and Message Notes

1. What do you look to in times of stress
2. Commit to praying for the first five minutes of the day
3. Praise him for what's been good in your life

## Five Things I Want My Kids to Remember Forever – When You Lose Your Way, Look Up To God

Pastor Kerry Shook – February 12th, 2023

*“I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip— He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep. The LORD watches over you— the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm— He will watch over your life; the LORD will watch over your coming and going both now and forevermore.”*

Psalm 121:1-8 (NIV)

*“I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth.”* Psalm 121:1-2 (NIV)

*“Caleb calmed down the crowd and said, ‘Let’s go and take the land. I know we can do it!’ ... But the other men replied, ‘Those people are much too strong for us ... and the people are like giants ... They were so big that we felt as small as grasshoppers.’”*  
Numbers 13:30,32b,33b (CEV)

*“He sits enthroned above the circle of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in. He brings princes to naught and reduces the rulers of this world to nothing. No sooner are they planted, no sooner are they sown, no sooner do they take root in the ground, than He blows on them and they wither, and a whirlwind sweeps them away like chaff.”*  
Isaiah 40:22-24 (NIV)

### • LOOK UP AND PRAY FOR GOD TO MAKE A WAY

*“After Jesus had finished speaking, He looked up toward heaven and prayed...”*  
John 17:1a (CEV)

*“This is what the LORD says— your Redeemer, who formed you in the womb: I am the LORD, the Maker of all things, who stretches out the heavens, who spreads out the earth by Myself.”*

Isaiah 44:24 (NIV)

- **LOOK UP AND WAIT FOR GOD TO MAKE A WAY**

*“... For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on You.”* 2 Chronicles 20:12b (NIV)

*“Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God. He is the Maker of heaven and earth, the sea, and everything in them— He remains faithful forever.”*

Psalm 146:3-6 (NIV)

*“He will not let your foot slip— He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep.”* Psalm 121:3-4 (NIV)

**LOOK UP AND GET READY FOR GOD TO MAKE A WAY.**