



Psalms for Life

Hope • Where Does My Help Come From?

- Psalm 121 (Psalm 130 & 131)

- Psalm 119:33-64 - 122

Memory Verses: "I lift up my eyes to the hills. From where does my help come? 2 My help comes from the LORD, who made heaven and earth." *Psalm 121:1-2*

Psalm 121

A Song of Ascents.

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

I. Our God Helps Us.

- 3 He will not let your foot be moved;
he who keeps you will not slumber.
- 4 Behold, he who keeps Israel
will neither slumber nor sleep.

II. Our God Hears Us.

1 Kings 18 - maybe your god is asleep.

- 5 The LORD is your keeper;
the LORD is your shade on your right hand.
- 6 The sun shall not strike you by day,
nor the moon by night.

7 The LORD will keep you from all evil;
he will keep your life.

8 The LORD will keep
your going out and your coming in
from this time forth and forevermore.

III. Our God Holds Us.

- Our God *Helps* Us
- Our God *Hears* Us
- Our God *Holds* Us

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
Isaiah 41:10

Life Application Study Guide

1. When you place your trust in someone or something is that the same thing as hope? Why or why not?
2. Have you ever been disappointed when you were filled with hope to be let down when something didn't happen or someone didn't come through? How did you handle the disappointment?
3. When do you need God's help? When do you not need God's help? Describe a time when you received help from the Lord?
4. What does it mean to trust and hope in the Lord?
5. What does it look like for you to hear from the Lord?
6. What does it look like for the Lord to hold you?
7. How can you help others receive help from the Lord? Hear from the Lord? Be held by the Lord?
8. Pray, asking the Lord to help you be His witness to those around you!