

PSALMS

songs for all of life

DISCUSSION GUIDE

MY HELPER AND KEEPER: PSALM 121

Read the Text

Psalm 121:1-8

- 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.
- 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.
- 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.

Main Point

Psalm 121 is known as an Ascension Psalm. These Psalms were sung by faithful worshippers as they traveled and ascended to Jerusalem. The first verse poses a challenging question that is

still relevant to us as modern-day Christians: ***Where does our help come from?*** For some of us, it may come from eating, drinking, fulfillment at work, or other addictions. For others it may be religious practices that have an outward appearance of devotion, but lack heart or true worship. There's good news though! True help is available – all we need is to look to God our Father! The Israelites understand this. ***They know that God neither sleeps nor slumbers – He is all powerful and is faithful to be available to us always.*** This is true for us as well. God's mighty hand keeps us. So does this mean that to avoid suffering, all we need to do is seek God? No. We live in a sinful and fallen world and God tells us that we should expect to feel and experience the brokenness of it. However, He redeems everything. When He keeps us, He is able to sustain us through the suffering. ***He has triumphed over all evil and is keeping us, preserving us, and will one day glorify us.*** We have access to this hope through seeking God, reading His word, and engaging Him through prayer.

Reflect Together

- 1. *Who is God?*** Pastor Alex talked about how God does not sleep or slumber. He is always available to us. Do you believe that? How do you experience this truth? How do you struggle with it?
- 2. *What has He done?*** When have you experienced God's protection? How did He show up and how did it impact you?
- 3. *Who are you?*** What do you look to for help? What are some of the things that compete with God for looking to for help?
- 4. *What are you to do?*** How would you like to grow in seeking God over other false idols? Is there anything you need to give up? What's one step you can take to draw closer to God?

Abide Together

The sermon ended with this quote:

The Christian life is not a quiet escape to a garden where we can walk and talk uninterruptedly with our

Lord; nor a fantasy trip to a heavenly city where we can compare blue ribbons and gold medals with others who have made it to the winners' circle.... The Christian life is going to God. In going to God Christians travel the same ground that everyone else walks on, breath the same air, drink the same water, shop in the same stores, read the same newspapers, are citizens under the same governments, pay the same prices for groceries and gasoline, fear the same dangers, are subject to the same pressures, get the same distresses, are buried in the same ground. The difference is that each step we walk, each breath we breathe, we know we are preserved by God, we know we are accompanied by God, we know we are ruled by God; and therefore no matter what doubts we endure or what accidents we experience, the Lord will preserve us from evil, he will keep our life.
– Eugene Peterson, *A Long Obedience in the Same Direction*

Meditate on this and try to really absorb and fathom it. What does it stir up in you?