

"HELP!"

- Opening Announcements
- Opening Prayer

Q: Have you ever needed "help"? With anything?

Q: What are some places/ways we can find "help" in our time of need?

Q: What's your GREATEST "need"?

Table Time...

READ: Psalm 121:1-2 "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."

Q: "Which hills" is the psalmist looking towards? What might be the significance of this?

Q: According to verse 2, what's the answer to the question?

Q: How is that an answer to OUR need for help?

READ: Psalm 121:3-4 "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."

Q: What's the promise? What imagery does the psalmist use?

Q: What does "He who keeps you will not sleep." mean ?

Q: Does it ever feel like God is "sleeping"?

Q: Why doe is feel that way?

Q: How might God's Word help you when you feel that way?

READ: Psalm 121: 5-6 "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."

Q: In verse 5, it says the "Lord is your keeper". What does THAT mean?

Q: Have you ever seen that to be true in your life? Share!

Q: What does it mean that the Lord is your "shade"?

Q: What does it mean that the Lord is "your shade on your right hand"?

Excursus: "Right Hand": "The word "right" in the Bible is often used in the sense of "being straight"; it is used to describe that which is just or righteous (cf. Gn 18:25). Figuratively speaking, God's right hand is the means whereby victories are obtained for the people of God (Pss 17:7, 98:1); it is also an instrument of punishment for the ungodly (Hb 2:16). While the right hand of man is impotent to save (Jb 40:14), God's right hand sustains his children in the hour of need (Ps 139:10). Furthermore, God promises to strengthen the right hand of the person he purposes to help (Is 41:13). To be at the right hand of God is to occupy a place of the choicest blessings (Ps 16:11); it is the place where the Lord Jesus Christ now reigns in glory and intercedes for those he has redeemed (Rom 8:34). To offer the right hand of fellowship is to extend the warmest and most accepting type of camaraderie (Gal 2:9). Giving the right hand as the sign of a pledge also has a biblical antecedent (2 Kgs 10:15). Although the left hand is often linked to blessings (Prv 3:16), it may also be associated with treachery or other undesirable activity (Eccl 10:2)." - *Tyndale Bible Dictionary*

Q: How does the "excursus" above help you understand the "shade on your right hand"?

READ: Psalm 121: 7-8 "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."

Q: Look at verse 7. Is there a famous prayer in the NT where we pray for this? What's the prayer and what are we asking?

Q: What's God's promised response to our prayers?

Q: What does verse 8 mean?

Big Group Debrief....

Final Question:

Q: How does Psalm 121 help us answer the question: "Where does my help come from?" When you're in trouble, what are some of the ways you can remember this?

