

"HELP"

ASCEND: A JOURNEY WITH THE PSALMS OF ASCENT | PASTOR MATT ERICKSON | PSALM 121
NOVEMBER 11/12, 2017

*"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)

Help Beyond Heights (vss 1-2)

The heights of Jerusalem

Help higher than earth

Help in All Situations (vss 3-6)

Sleepless Guardian of the helpless

Vigilant Protector amidst harmful forces

Help in All Times (vss 7-8)

Kept in the Lord

Help in the now and the forevermore

STUDY GUIDE

1. When did you most need help in your life? Did help come or not? What happened?
2. As we continue our "Ascend" series this weekend we turn to Psalm 121. Begin your study in prayer, asking God to speak to you through His word, and then read that psalm aloud.
3. Psalm 121 is one of the most well-known of the Psalms of Ascent. As pilgrims travel to Jerusalem and the Temple they would see the hills surrounding the plateau of Jerusalem and the Temple Mount. In what ways does this physical setting lead the psalmist into engagement with God?
4. This psalm is very personal, rehearsing interactions between the Lord ('he') and the individual ('you' is singular throughout this psalm). What are some of the actions of the Lord promised throughout this psalm on behalf of human beings?
5. What do you think the significance is of the Lord not sleeping or slumbering? What does this mean to you personally?
6. Oftentimes the sun and moon represent not only physical forces but also spiritual forces. What is the scope of God's protection according to verses 3-7?
7. "The Lord will keep you from all harm" is a strong phrase. Since the Scripture also says we will face difficulties, what do you think this verse means? (You may want to consult other relevant Scripture passages such as Luke 21:16-19; John 16:31-33; Romans 8:31-19.)
8. What is one thing that God is speaking to you through this study? If you are on your own, write it down and pray about it. If you are in a small group, take time to discuss this with one another before praying together.

DAILY READINGS

Throughout this series we will have a daily reading plan that allows us to reflect more deeply on the themes of each psalm we study. Join with the broader Eastbrook community each week via the print schedule below, our app or social media.

Monday, November 13: Psalm 121

Tuesday, November 14: Psalm 123

Wednesday, November 15: Psalm 124

Thursday, November 16: Psalm 125

Friday, November 17: Psalm 46