

Sermon: Trusting the Lord in the Journey of Life.
Series: *Psalms of Hope and Encouragement.*

Scripture: Psalm 121.
Date: May 22, 2022

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) V.1: We all need help. Can you admit this? Where in your journey have you needed God's help?
- b) Where does your help come from? Can you identify any idols that you seek for help?

2. What does this passage teach us about God?

- a) According to the Psalm, what character traits of God make him the best helper we could have?
- b) God is our keeper (guardian, protector, stability). How have experienced god's protection over your life?

3. What does this passage teach us about grace/salvation? How does it point to Christ?

- a) Where can you see the cross of Jesus fulfilling the promises of this Psalm? How is Jesus our helper, keeper?
- b) V.7: The Lord will keep you from evil/the Lord will keep your life. What does this promise NOT mean? What does it mean in Christ? (For help read Romans 8:35-37)

APPLICATION

- a) What is one truth from Psalm 121 that you will choose to meditate on this week? How can believing this truth bring you hope in the journey of life?

FIGHTER VERSES: Psalm 121.

PRAYER

- Praise God for his help and protection.
- Confess ways that you have looked to the "hills" for help.
- Thank Jesus for being exchanging his life for yours so that God can "keep your life."
- Ask God to help you live a life of trusting him more and more on the journey.