

# GOD IS OUR KEEPER

PSALM 121

CHURCH GROUP SERMON DISCUSSION QUESTIONS — JUNE 19, 2022

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## SCRIPTURE READING

### *Psalm 121 ESV*

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.*

## SERMON RECAP

The theme of today's sermon: God is our Keeper. How does the song of Psalm 121 become our song?

1. You come to know God as your Keeper when you are willing to admit that you can't keep yourself.
2. You come to know God as your Keeper when you allow his people to direct your gaze.
3. You come to know God as your Keeper when you understand how he intends to keep you.

*Note: The Israelites were encouraged by a specific attribute of God that matched their specific fear.*

- Verse 3 – On these hills to Jerusalem, the paths weren't always secure. When that fear popped up, they soothed themselves with the truth that God grants security. He will not let your foot be moved.
- Verse 4 – On these journeys, when they got tired they had to sleep out in the open, leaving them vulnerable to robbers and thieves. When the fear of going to sleep popped up they were comforted by the fact that God never goes off shifts. You may sleep, but our God never does.
- Verses 5-8. We see how God is a protector. God not only gives security and protection but he's also a companion. Verse 5, he's the shade on your right hand.



## ICEBREAKER QUESTION

1. The “Song of Ascents” could be considered a playlist for the people of Israel. They sang these songs as they traveled to Jerusalem for worship. What songs would be on your playlist for a summer trip this year?

## DISCUSSION QUESTIONS

### *What does the passage say?*

1. A “Song of Ascent” is a name given to fifteen Psalms 120-134 traditionally sung by the Israelites as they traveled to three annual feasts (Exodus 23:14) in Jerusalem.
  - Explain the passage in your own words.
  - What do God’s people acknowledge in verses 1 and 2?
  - How do they remind themselves who God is?
  - List the attributes of God found in this passage.

### *What does the passage mean?*

1. The Hebrew people experienced many trials. They experienced real suffering and pain. In the midst of their suffering, how did they learn to cope with hardship? How can we, too, seek to know and understand our situations better by knowing and understanding the Lord who made heaven and earth (v. 2)?
2. What can we remember about how God has cared for us in the past that will remind us to take comfort in how He will care for us in the future? Take some time as a group to acknowledge aloud attributes of God and ways that God has been faithful to us in the past.
3. How does the gospel of Jesus Christ show us that God is our Keeper?

## APPLICATION QUESTIONS

### *How can we apply this passage to our lives?*

1. The first line of this song: “I lift up my eyes to the hills. From where does my help come?” is where the people on this journey admit they need help. They admit it aloud and in public.
  - Share examples of times when you have asked for help.
  - What can keep us from admitting we need help?
  - How can we, as a Church Group, help each other feel the freedom to openly ask for help?
2. We see that the Israelites, God’s chosen people, needed help. Sometimes much of our disappointment in life comes from expecting God to keep us from things he never promised to keep us from. What does the Bible teach us about the role of suffering in the life of a believer (see also 2 Tim 3:12, Rom 8:36-39, 2 Cor 4:16-18)? In the midst of suffering, how have we seen God be our Keeper?
3. How is the local church a gift from God to all who need help (see Eph 4:11-16)? In what ways should we help those around us (Gal 6:10)? In what ways do we need help from those around us?

## RESOURCES

- [Global Outreach 2022 Prayer Guide](#)
- See the full 2022 Global Outreach Prayer Guide [HERE](#)