

# SUMMER

*At Brookside*

## God, My Help

Discussion Guide

July 29, 2018

Psalm 121

### Questions for Study

\*\* Before you begin, please read Psalm 121 as a group.

1. To get the group sharing—what is something that has simply been “hard” for you in your life lately? What is causing you the most frustration?
2. Psalm 121 clearly tells us that we need *help*. Why is it so hard for us in our culture today to admit that we are not self-sufficient—that we need help?
3. What are some ways that the Lord—“the Maker of heaven and earth”—provides help for us on a daily basis?
4. Skim over verses 3-8. What’s the key word that is repeated five times?
5. How does God’s watchful and protective care actually help us? Do you find comfort in the fact that God is never off-duty?
6. What would our lives look like if we believed that we were constantly and completely safe in the presence of God?
7. What does verse 7 mean—“The LORD will keep you from all harm”? Does this mean we will never experience pain?
8. Go around the group and have people try to recall promises that are found in the Bible (if possible, try to look up the references where they are found). Revelation 21 might be a starting point.
9. What are some ways that God has comforted you in the past in times of great suffering?
10. How can we know (from Scripture) that God will help us when we need it?
11. How do the stunning events of the gospel—Jesus dying for us as a substitutionary Savior, over 2,000 years ago—still provide meaningful help to us today?