

# SERMON APPLICATION GUIDE

## Psalm 121

**Ice Breaker:** What's an evidence of God's grace you've seen this week?

**Ice Breaker:** If you had the choice of where you were going to be stranded, where would you choose?

### DISCUSSION QUESTIONS:

1. What is a Psalm of Ascent? When would these "songs" have been sung and how does that help us interpret them?
2. **Read:** Psalm 121. What are your first impressions of the Psalm? What is the structure of the Psalm? What words/phrases stand out to you?
3. Verse 1 asks, "Where does my help come from?" Have you asked this question this week? When you need help, does your heart normally turn to God for help or do you seek help from other sources (i.e. self, others, the world)?
4. What does it look like to turn to God for help? Does your life show a regular rhythm of going to God in prayer? How can we encourage one another to go to God in prayer?
5. Why does the Psalm include "who made haven and earth" in verse 1? How ought we to be encouraged because of this? How does this increase our hope for today and tomorrow?
6. How many times in verses 3-8 does Psalm 121 use the word "keep"? In what ways do we see God "keeping" in Psalm 121? What does this teach us about God's character?
7. The Psalm climaxes in verses 7-8. What's the particular promise found here? What do we learn about our future?
8. Overall, what is God promising in this Psalm? What is God not promising in this Psalm?
9. How can we learn to turn to others in times of trials? How can we learn to be a *Loving Community* to those in need?

**Application:** Is there someone in your small group who needs help? Is there someone else in church who needs help? How can your small group show *Loving Community* to them?