



Psalm 120 - 2

Explain the Context:

From your reading provide a short answer to the following:

What is the theme of these verses?	What is the BIG Idea?
What is something that surprised you?	What are these verses <i>not</i> saying?

Take a moment to consider these questions:

- 1) The Psalmist says, "I call on the Lord in my distress, and He answers me", with such bold confidence. Do you pray with this kind of confidence? Why or why not?

2) Many Psychologists and Theologians tell us that rituals are important to our lives. Ritual practices enable us to connect with our deepest feelings in profound occasions, such as a wedding ceremony, baby dedication or commissioning for ministry. Are there certain rituals that have enabled you to prepare for life situations? Name a few that have been significant in your life.

3) The pilgrim begins their journey in “distress”. How does their cry for God’s help encourage you in your journey?

Apply the Scripture

Write the verse that stood out to you while reading [in this translation or your favorite].

How does this verse challenge you? Does it reveal an attribute of God's character?

For further study:

- Jonah 2:2
- Proverbs 12:22