



Psalm 121

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) It's easy to get distracted by "times of trouble". Think for a moment about verse 1.
Where does your strength come from?

- 2) What help do you need the Creator of the mountains to send you today? Be brave to ask Him for that help and thank Him that He hears and knows your need.

- 3) Verse 3 states that “God won’t let your foot slip”. Think about where you have seen God’s faithfulness in your life. Write a prayer of thanksgiving:
- 4) What does it mean to you, that the “One who guards Israel never slumbers, never sleeps”?
- 5) The pilgrims who sang these Songs of Ascent were on their way “up” to Jerusalem – the mountain was in front of them. As they traveled, “they looked to the mountain” and proclaimed that their help and hope was NOT in this mountain but in the God who created it. In the space below, write your version of Psalm 121:1-2 to fit your situation.

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:

- Psalm 124:8
- Psalm 125:2
- Psalm 87:1
- Jeremiah 10:11f
- Psalm 55:23
- Psalm 66:9
- 2 Corinthians 4:17-18