

My Help Comes From the **LORD!**

PSALM 121:1-8

Psalms 121

Sunday, March 22, 2020

Where Do You Go For Help

There comes a time when all of us must realize that we simply need help. Where do you go when you need help? The author of this psalm is crying out, "Help!" This entire series of psalms are all intended to give us the ability to manage our feelings so that they are brought into line with reality. Sometimes this psalm is called "The Traveler's Psalm."

- I. The _____ of our help. (vv.1-2)
 - a. The initial need for help. (v.1)
 - b. The _____ of help found. (v.2)
- II. The _____ of our help. (vv.3-4)
 - a. Assurance of _____. (3a)
 - b. Assurance of _____. (3b)
 - c. Assurance of _____. (v.4)
- III. Examples of help. (vv.5-8)
 - a. Protection from _____ influences. (vv.5-6)
 - b. Protection from all _____. (v.7)
 - c. Protection _____. (v.8)

Questions for Discussion:

- What is the underlying cause of doubt and despair?
- How can our thoughts and feelings deepen our despair?
- Where does the psalmist look? Why?
- How does the psalmist preach to himself?
- In what sense is God our keeper?
- How does this psalm apply to our present circumstances?
- Has God promised us freedom from difficulty? What has He promised us? Cite Scripture passages.
- How can you turn this psalm into a prayer? List specific requests.