

LESSON 35

# GOD OF HELP

## *Psalm 121*

*A song of ascents.*

- <sup>1</sup>I lift up my eyes to the hills.  
From where does my help come?
- <sup>2</sup>My help comes from the Lord,  
who made heaven and earth.
- <sup>3</sup>He will not let your foot be moved;  
he who keeps you will not slumber.
- <sup>4</sup>Behold, he who keeps Israel  
will neither slumber nor sleep.
- <sup>5</sup>The Lord is your keeper;  
the Lord is your shade on your right hand.
- <sup>6</sup>The sun shall not strike you by day,  
nor the moon by night.
- <sup>7</sup>The Lord will keep you from all evil;  
he will keep your life.
- <sup>8</sup>The Lord will keep  
your going out and your coming in  
from this time forth and forevermore.

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**WELCOME:** *Fixing Our Focus*

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Ask each member to make an acronym for the word DANGER, based on his/her experience or understanding of the word. Discuss how God is in relation to the dangers people face in this world. How should our view of God affect how we see the dangers surrounding us?

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**WORSHIP:** *Adoring Our God*

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Suggested songs:

*His Eye is On the Sparrow* by Civilla Martin and Charles Gabriel

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## WORD: *Understanding the Word*

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*Lesson Aim:* For members to rest in the Almighty God and put their confidence in him.

### **Introduction**

“Every Breath You Take” is a song written by English musician and actor Gordon Matthew Thomas Sumner or “Sting” in 1982. Performed by the band Police, the song contains the lyrics:

Every breath you take  
Every move you make  
Every bond you break  
Every step you take  
I'll be watching you  
  
Every single day  
Every word you say  
Every game you play  
Every night you stay  
I'll be watching you

God watches you every day with the same focus. Do you realize that? How does this truth bring comfort (or discomfort) as you strive to live your life in tune with God in this world?

**Leader:** Lead in reading Psalm 121 aloud together. Then read the paragraph on the “Key Verse.”

**Key Verse:** The psalmist ends this psalm with a conclusion that “the LORD will keep your going out and your coming in from this time forth and forevermore.” God constantly watches over us!

*Underline the words keep, keeps, and keeper found in this psalm. Then encircle things that the Lord “will” and “will not” do in this psalm.*

**Psalm 121:1-2. Theme:** \_\_\_\_\_

1. Think of and list three probable meanings of what the psalmist said in verse 1, “I lift my eyes to the hills. From where does my help come from?”
  
2. Recall that a “Song of Ascents” was sung by pilgrims finding their way to Jerusalem. Did the psalmist put his trust in the safety that Jerusalem affords? In what/whom did he fully rely (*vv. 1- 2*)?

3. What is the significance of the psalmist's declaration of God as being the Creator of heaven and earth (v. 2)?

*In the space above, write what you think is the theme of verses 1-2.*

**Psalm 121:3-8. Theme:** \_\_\_\_\_

4. What does God not letting "your foot to be moved" mean? In times of crisis, what do you think God is most concerned about you based on this verse (v. 3)?
5. The psalmist detailed the actions of God in verses 3-7. Most importantly, he refers to God as "he who keeps you." What does this imply in light of the psalmist's need for help?
6. What comfort could the psalmist derive for himself and for the nation of Israel from the fact that their God neither slumbers nor sleeps (v. 4)?
7. What does "the Lord is your shade on your right hand" mean? What does "shade" imply? (You could relate this to the purposes of the waiting shed outside the building of GCF) (v. 5).
8. In what ways and forms could "evil" come and pose a threat to the lives of the people of God (v. 7)?

9. “The Lord will keep ... he will keep ... the Lord will keep” (*vv. 7-8*). Is the Lord promising us a life free of trouble with this triple promise? If not, what then?

*In the space above, write what you think is the theme of verses 3-8.*

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### **WALK:** *Applying the Word*

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#### **Questions for Adults**

1. What do you usually turn to for help? Why?
2. Sometimes, we say that God is our protector but in reality, we rely more on creation than our creator. How can we be more intentional in relying on him?
3. What is the difference between making the creator of heaven and earth our God and our Lord?
4. Individually and as a group, pray back this psalm to God. You could start by saying something like:

*Father, my help comes from you...*

5. Pray for GCF (Prayer requests supplied by the Leader).

#### **Questions for the Youth**

1. What difficulties are you currently going through right now?
2. How do you think can God help you in your current situation? What are his character traits and attributes that make him able to help you?
3. Commit to the Lord that he will be the very first person you turn to when you experience difficulties in life.

#### **Questions for Children**

1. When you are in trouble, who do you go to? What are some reasons why you do not go to God right away?
2. What makes God the perfect person to go to whenever you are in trouble? What makes God unique from everything else?
3. Say a prayer to God promising him that he'll be the first person you turn to whenever you face trouble of any kind.