

Psalm 121 – A Psalm of Ascent
LEADER'S GUIDE Bible Study/Discussion Questions
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1) Verses 1-2 are written from a personal perspective (I, my, etc.), but then the remainder of the chapter switches to speaking into other people's lives (you, your, etc.). Why is that impactful?

Example Answer: It is impactful because the Psalmist uses his personal experience, beliefs and relationship with God to encourage others.

They are speaking from a place of true knowledge of how great and mighty our Creator God is.

It makes their encouragement to trust God in our journey's genuine.

2) The Psalmist begins by declaring, "My help comes from the Lord, the Maker of Heaven and Earth". On our journeys in life, especially when we are on a rough portion of road, why is it encouraging to remember God as the Creator of Heaven and Earth?

Example Answer: When we can remind ourselves of the truth that God created everything we can see and everything that we can't see, simply by speaking, it puts what we are facing on our journey in new light. The light, the truth, that God is bigger, stronger and mightier than all these things.

3) a. Read back through the chapter again and note how many times the words or phrases "keep", "watch" or "watches over" occur.

Answer: 6

b. Why do you think the Psalmist repeats this so many times?

Example Answer: When something is repeated multiple times it helps to solidify it as truth in our minds. It's emphasized because it is a truth that can carry us through anything.

c. The word used here for "keep" or "watch" means to guard or to protect. The first time this word was used in Scripture is in Genesis 2:15. Look up Genesis 2:15 and re-write it in your own words in light of this definition.

Example Answer: God then took Adam and placed him in the Garden of Eden to nurture it and to help it grow, to guard it and to take good care of it.

4) a. Read verses 3-4 again. How many times does the word “slumber” or “sleep” show up.

Answer: 3 times in 2 verses

b. Two different words in the original language are used here:

Num = Drowsiness or dozing off

Yashan = Deep sleep

In light of where you are at on your journey right now, how does it impact you to know that your God, Who watches over you, doesn't sleep or even get drowsy?

Example Answer: Sometimes, when we are in the thick of a trial, tragedy, darkness or difficulty, we feel that God doesn't really know what's happening. The truth is though, that He does. This is what we need to remember in those times, and when things are going smoothly, that God is still aware, active and engaged.

5) Verses 5-6 refer to the presence of God not being far off but rather right beside us, day and night, sheltering us from harm. Have you ever experienced God's presence and protection right beside you? Share a little of that story.

Example Answer: When I was walking through one of the darkest times of my life, there was a time when God felt distant, or unaware of what was going on. That didn't last long though because I still journaled in my prayer journal and still pulled out my Bible (sometimes begrudgingly, let's just be honest). God met me there. I experienced Him speaking exactly what I needed to hear at just the time I needed to hear it, both through His Word and through times of prayer. As I leaned into Him, not knowing what else to do, He leaned in toward me and I truly felt as if He was right beside me, not just spiritually, but physically. Which was exactly what I needed in that time.

6) Read verses 7-8 again. What is your response knowing that our God is a God who cares about even the most mundane or general parts of our lives?

Example Answer: Sometimes we think that we can only bring God the big things in our lives, or that we need to use big, fancy, Christian language for him to know what's going on. That's a stigma of God that we need to dispel. God cares for us. Little or big, mundane or extraordinary, we can and need to bring them to God.

It is encouraging to know that God is with us, beside us, even as we sometimes feel engulfed in the general and mundane activities of life. Those serve a purpose just as well as the mountaintop times.