

LIFE GROUP NOTES:
(Psalm 121)

Week Beginning 13th January 2019
'HEAVEN HELP US!'

SHARE one time you received HELP and were glad for it.
SHARE one time you gave HELP and it was well received.

Q. WHAT do you need, to be able, to HELP someone in need?

Q. WHERE do you think HELP is especially needed today and **WHY**?

(Vs.1-2)

Q. WHERE does the psalmist say that our HELP comes from?

Q. WHY should this encourage us do you think and **HOW** does it?
(Jeremiah 3:23 and Matthew 11:28-29 and Psalm 4:8)

Q. WHERE do most people look for their HELP to come from?

This Psalm is one of the songs of ascent, songs sung by Hebrew pilgrims travelling up to Jerusalem for the great worship festivals.

(Vs.3-6)

Q. WHAT dangers or threats to pilgrims are mentioned here?

Q. HOW does the Lord help those on their journey of faith?

Q. How many times are the words **“Watches over”** used in these verses and **WHAT** does it mean to you to be **“watched over”**?

Q. HOW have you experienced the Lord watching over you in the past?

Q. WHERE in life do you feel vulnerable now or in need of the Lord's protection?

(Vs.7-8)

Q. HOW secure do you feel in an insecure world? WHY?

Q. DO these verses guarantee nothing will hurt us?

Q. WHAT is our coming and WHAT is our going and HOW is that related to both our now and for evermore?

Think on the two lines of this Hymn as you come to prayer.

*“O God our HELP in ages past our HOPE for years to come;
our shelter from the stormy blast and our eternal HOME.”*

Shaun