

## God Watches Over You



MEMORY VERSE: “The Lord keeps watch over you as you come and go, both now and forever.” Psalm 121:8

### DAY 1 PSALM 121:1-2—God Is Our Help

1. The author of this Psalm is unknown, but what does the writer ask and what is his answer?

2. What do the heavens and earth tell you about God?

3. Is the Lord your source for the confidence you need to face life?

How do the traits above (and others) make God the best choice for help during:  
everyday stuff?

hard/difficult circumstances?

### DAY 2 PSALM 121:3-4—God Watches Over to Protect His People

4. What help does God bring believers?

5. “*He will not let you stumble*” is the idea that you are God’s and He is with you and will enable you to stand through whatever comes your way. How is this encouraging to you?

6. How does knowing that God does not sleep:  
help you feel protected and secure?

help you when you are stressed, anxious, sad, lonely...?

### DAY 3 PSALM 121:5-6—God Watches Over to Care for His People

7. How does the Lord care for believers?

8. How does God act as our “*protective shade*?”

9. What do you think verse 6 means to a believer?

10. How can God guard and protect you during the day from your weaknesses, fears, hurts...?  
How can God protect you at night from your weaknesses, fears, hurts...?

### DAY 4 PSALM 121:7-8—God Watches Over the Life of His People

11. What does God do for His people in verses 7-8?

12. How can you start living more confidently knowing that God is with you, watching over and protecting you?

13. What do you learn from 1 Peter 1:3-7?

## DAY 5 PSALM 121 – Wrap Up

14. What does God promise to do for believers in this Psalm? How can you start living more confidently knowing these things?

15. Psalm 121 tells us to: Look to the Lord. Listen to the Lord. Lean upon the Lord.  
How can you make these 3 statements real in your life today?

### TAKE AWAY

We have God's help 24/7.

Set a timer/reminder on your phone every morning to remind you that God is watching over you and available to help!

### BLESSING

“The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand.”  
Psalm 37:23-24

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A song for pilgrims ascending to Jerusalem.

1 I look up to the mountains—  
does my help come from there?

2 My help comes from the Lord,  
who made heaven and earth!

3 He will not let you stumble;  
the One who watches over you will not slumber.

4 Indeed, He who watches over Israel  
never slumbers or sleeps.

5 The Lord Himself watches over you!  
The Lord stands beside you as your protective shade.

6 The sun will not harm you by day,  
nor the moon at night.

7 The Lord keeps you from all harm  
and watches over your life.

8 The Lord keeps watch over you as you come and go,  
both now and forever.

