

The Lord Himself Watches Over Us



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



PSALM 121:1-2 God Is Our Help

1. Many believe that this Psalm was written as a blessing for God's people on a journey. The journey would be hard but God **WOULD** deliver them. When we are in God's will these promises are for us as well. What does the writer ask and what is his answer? vv. 1-2

2. Where do you look for guidance and protection when you face hard and difficult things?

3. When we are going through life, why is it encouraging to remember God as the creator of heaven and earth?



PSALM 121:3-6 God Doesn't Sleep

4. Read verses 3-4. Have you ever felt like God was sleeping, or taking a break, or just too busy to care about you? What do these verses tell us?

5. Read verses 5-6. These verses refer to the presence of God being right beside us, day and night, sheltering us. Share a time when you have experienced God's presence and protection right beside you.

6. The Lord Himself watches over you! What does that mean and how does that impact you?



PSALM 121:7-8 God Watches Over His Children

7. Read verses 7-8. What is your response knowing that God cares about you as “you come and go both now and forever?”

8. Do you think the writer is saying you will not suffer in this life because you are a Christian? Explain.

9. In what ways is the Lord your source for the confidence you need to face life? In what ways do you feel like you need to turn to Him more?

BELIEVE THE TRUTH

Psalm 121 reminds us that our help comes from the Lord! Do you realize how amazing that is? The King of the universe, the Maker of heaven and Earth is the same Lord that watches over you day and night. He doesn't take breaks, he doesn't sleep, He is always there to help and protect His children. Thank you, Jesus!

PRAY THE TRUTH

Heavenly Father, thank you for the crazy cool promise we have in Your help and protection! Thank you for always watching over me. Help me to believe that no matter what I am going through that You are with me and helping me through it. Please help me to stay faithful to You. Amen.

WALK IN TRUTH



How does this Psalm help you understand the magnitude of the Lord's care for you?



Psalm 121 (NLT)

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.

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