



## Songs of Summer

“A Song of Help”

June 5, 2022 // Tyler Scott, Lead Pastor

### FOR DISCUSSION:

1. The Songs of Ascent were a playlist of worship music for Jewish people. What songs would be on your playlist for a road trip?
2. **Read Psalm 121.** Describe a time when you needed help.
3. When we need help (\*and we all need help at some point), why do you think it's easier to look to the mountains for help...instead of lifting our eyes up ABOVE the mountains, to the God who MADE the mountains?
4. In the Bible (especially in the Old Testament) mountains were obstacles, and also “high places” where false gods and idols were often worshiped. What are some modern-day obstacles, false gods, or idols that you sometimes focus on or turn to for help, instead of lifting up your eyes to God?
5. **Read v3-4.** If and when we “LIFT OUR EYES UP” to the God who is above the mountains—who MADE the mountains—we experience the powerful promises of this Psalm. The first is that God is our CONSTANT HELPER. How would you describe the HELP you have received from God in your life—where He would not let your foot slip?
6. **Read v5-6.** God is also our PROTECTOR. In what ways have you experienced God's protection in your life? What encourages you most about this passage?
7. **Read v7-8.** God WATCHES OVER YOUR LIFE. Where in your life do you feel most vulnerable—and you truly need God to watch over you?
8. What is your greatest takeaway from this Psalm?

**PRAYER:** How can this Psalm be a template for your own prayers this week? How can your small group pray for one another—to LIFT YOUR EYES UP—as you seek God's help and protection this week?