

1: CONTEXT

A quick look back: Spend a few minutes reviewing the big picture of Psalms from Week One. What kind of literature is the book of Psalms? Who is one of the primary authors? What is the book's main purpose? Where are we in the large story of Scripture? Share some of the main themes or learnings from the past weeks (lament, trust, sin, frustration).

Today's Passage: This is one of the psalms of ascent, the psalms that were sung as pilgrims traveled to Jerusalem for the festivals. Just as soldiers sing to keep in cadence, or you may have a sing-a-long on a road trip, the psalms of ascent were a way to keep people going and to keep them focused on the purpose of the journey. As you read Psalm 121, think of reading or singing it while traveling.

2: CONTENT

Read Psalm 121 out loud and then pick ONE of the following ways (Option A, B, C, or D) to help your group engage with this passage (side note: this is a short enough psalm that it may be a

4. What are all the ways that the psalmist describes God's help? What does his help look like? (for example, vs 2: God won't let your foot slip, vs 4: God doesn't slumber or sleep, etc..)
5. The phrase "watch over" is repeated five times in t