



# DIGGING DEEPER

Psalm 121 – **Where does my help come from?**

**PLEASE READ** – Psalm 121

## **GETTING STARTED**

What do we learn about this Psalm from its title and the change of voice in v3?

Read the Psalm again with different people taking on the different voices. How does that make you feel?

### **1) GOD IS ABLE TO HELP BECAUSE HE'S ALL POWERFUL (V1-2)**

Talk about the answer in v2 to the question in v1... How do both descriptions of God encourage you?

How should these verses impact your own prayer life?

## **2) GOD IS READY TO HELP BECAUSE HE'S EVER WATCHFUL (V3-8)**

In what sense is God watching over his people? Check out the different language used in these verses...

How does God's watchfulness fit with the promise we find at the beginning of v3?

What does the promise in v6 look like in practice? See also John 16v33 and Rom 8v28...

What do you need most help with, in your own journey to heaven?

Pray about those things now...

**Meditate on the words of the Psalmist below...**

**V2:** My help comes from the LORD,  
the Maker of heaven and earth.