



# LISTEN UP!

Psalm 121

Where does my help come from?



**STEP 1** – Find the book of **Psalms** in your Bibles...

**STEP 2** – Follow in the Bible and **listen up!**

## Getting started...

Why are these Psalms called the ‘songs of ascent’?

They were sung by God’s people as they went... *up or down* ...to Jerusalem to

**W** \_\_\_\_\_ God

A pilgrim’s life is... *easy or hard*

A pilgrim’s life is... *staying or going*

What are the main themes in Psalm 121?

- God is our **H** \_\_\_\_\_
- God is **A** \_\_\_\_\_ to help
- God is **R** \_\_\_\_\_ to help



**Our journey**



**To heaven**

**1) God is \_\_\_\_\_ to help because he’s all \_\_\_\_\_**

He’s the **L** \_\_\_\_\_ (In capital letters!!!)




**R** \_\_\_\_\_

He’s the **M** \_\_\_\_\_ of heaven and earth



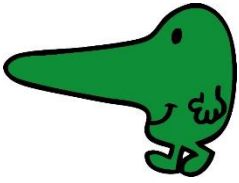
**C** \_\_\_\_\_

Therefore  to God and ask him for **H** \_\_\_\_\_

*Chat over lunch about how you can be more intentional in going to God...*

2) God is \_\_\_\_\_ to help because he's ever \_\_\_\_\_

Circle the picture that best illustrates the point...




Or



Like a loving Father God is always ready to... **P** \_\_\_\_\_ us up when we stumble

2 great truths... We won't **F** \_\_\_\_\_ because God doesn't **S** \_\_\_\_\_

He  every step we take from the cradle to the **G** \_\_\_\_\_

The troubles we face in this life don't really **H** \_\_\_\_\_ us

Instead, they **H** \_\_\_\_\_ us become more like Jesus

Finish by reflecting on the final journey that Jesus made to Jerusalem...

Which has opened up the way to heaven for us!!

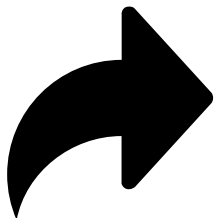


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**STEP 3** – During / After the preach...



Have you got any questions about what you've heard? If so write them down...



What is God calling you to do? Write it down...



What do you need God's help with? Write it down...