



LISTEN UP!

Psalm 123 – “Patience under pressure”

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

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

- Notice the title of this psalm:

“A S _ _ _ of A _ _ _ _ S”

- There’s a group of psalms with this title in this part of the book of Psalms. How many can you find?

From Psalm _ _ _ to Psalm _ _ _



These are some of the songs that Jewish people travelling to Jerusalem, several times a year, would have sung as they travelled. Some of them just sound excited – it was quite like a holiday! But can you see something in Psalm 123 which shows that these people’s lives weren’t always great?

..... (verse(s))

- The “you” in verse 1 is obviously talking to God. How is God described there?

“... you who S _ _ E _ _ _ R _ _ _ D in H _ _ _ _ N”

What does that teach us about God? That he is ...

A long way away?

yes
 no
 maybe

Tired?

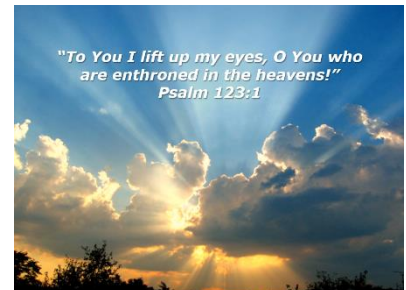
yes
 no
 maybe

Great?

yes
 no
 maybe

Majestic?

yes
 no
 maybe



Something else?

- What has the writer (and their friends) had to put up with for a long time (verse 4)?



“... R _ _ _ _ _ E from the A _ _ _ _ _ T,
of C _ _ _ _ _ T from the P _ _ _ D.”

- How do these people respond? Who do they speak to? What do they ask for? (verses 2-3)

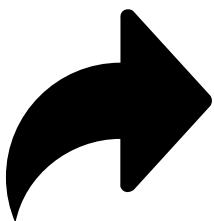
- Do you ever feel like these people, too?
- And is that because you have let other people know you're a follower of Jesus?
- But what does “looking to the LORD our God” (or “looking to Jesus”) really mean?
- Is there anything you need to “look to Jesus” about right now?



STEP 3 – During / After the preach...



Have you got any questions about all of this? 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...