

CAC LIFE GROUP QUESTIONS

Summer in the Psalms

Psalms 121 – Song of Ascents – September 6, 2026

Big Idea: We are not alone

- Ice Breaker: What is your favorite “car song” on a long road trip? What do you like to do to pass the time on a long car ride?

Key Points

Take a few minutes to review the key points from this week’s sermon.

- We all need a caravan/community of people to remind us the truth about who God is
- The Song of Ascents was designed to be experienced together, in dialogue with a group
- God is our keeper – He watches, keeps, guards, and protects us – like when a shepherd watches his sheep
- God’s protection does not mean the absence of pain
- God’s watchfulness extends from today into eternity

Discussion Questions

Based on the sermon, discuss the questions below.

- What was your biggest takeaway? What stuck out the most or moved you on a personal level?
- Did anything bother you? What questions did you have?

Making it Personal

Review with your group the impact this week’s sermon made on you personally.

- What was the hardest mountain you have had to climb – either literally or figuratively?
- What are some mountains people commonly face today?
- Psalm 121 begins with “I lift up my eyes.” Where do you tend to look for help when you're overwhelmed — yourself, circumstances, other people, control, finances, distraction, or God?
- Are you currently walking through life with a spiritual “caravan”? Who are the people who know you well enough to encourage you, challenge you, pray for you, and remind you of God's truth?
- When you're hurting, do you tend to isolate or invite people in? What makes it difficult for you to let others walk alongside you?
- What is the difference between saying “God will protect me from everything bad” and saying “God will never abandon me in what is bad”? Why is that distinction important?
- Is there a past situation where you felt God had forgotten you? How did you work through that?
- Which description of God in Psalm 121 is most meaningful to you: Creator, Keeper, Watchman, Shade, Protector, or Everlasting God? Why?

Scripture Review

Revisit some of the scripture passages from this week and discuss the questions below.

- Psalm 121
- According to Psalm 121:1-2, where does our help come from?
- Why do you think Psalm 121 begins with a question instead of a statement of confidence? What does that tell us about how God meets us in seasons of fear and uncertainty?

- What promises about what God does for us are mentioned in this Psalm?
- What does the Hebrew word “Shamar” mean and why is it significant in Psalm 121?
- How do verses 7 and 8 describe the extent of God’s care for His people?

Diving Deeper

Use the verses below to dive into other passages of scripture that relate to the primary scripture passage from this week’s sermon.

Old Testament

- 2 Samuel 22:3-4, Deuteronomy 31:6-8, Isaiah 40:28-31, Isaiah 41:10, Psalm 23:1-4, Psalm 34:19, Psalm 55:22, Psalm 138:7

New Testament

- John 10:11-15, John 10:28-29, Romans 8:38-39, Hebrews 13:5-6, 2 Thessalonians 3:3, Matthew 28:20

How do these scripture passages align with the scripture from the sermon? Do you see any contradictions between passages? If so, can you explain why this is?

Application & Action

It is important to take the knowledge you gain and see how it can become an actionable step that the Holy Spirit can use to produce transformation in your life.

Psalm 121 reminds us we are not alone. God is trustworthy enough to walk our difficult roads with us. In the midst of our challenging journeys, He is always with us. Whatever you are facing in life, the following 4 steps can serve as a guide and a response to the truth found in Psalm 121.

Name the Mountain

- What is your biggest mountain? Acknowledge what is difficult in your life right now. Are you comfortable telling someone?
- Voice your feelings out loud to yourself, a friend, and/or God.

Look to the Maker

- Do you have a life verse?
- Tell God what you’re feeling, and what you need Him to do for you.
- He is strong when we are weak; acknowledging our weakness can play an important part in learning to trust God. Where do you feel weak? How do you know He is strong? What Bible verses tell you this?

Let the Church Respond

- What are you experiencing right now? Do you have anxiety, shame, grief, or failure? Don’t give in to the temptation to isolate yourself. Let yourself be surrounded by people who can share your burdens – who know you, love you, care about you, can speak truth to you, and can ask you difficult questions. Let people know what you need. Can you tell someone one need you are experiencing right now, be it physical, emotional, spiritual, or tangible?
- Pray about inviting more people into your “caravan” of support – both for your sake and for theirs. Who comes to mind? What can you do about it?

Trust the Keeper

- When in the past have you seen God faithful? When have you felt His care and protection? Thank Him for those times as you ask Him to help you through your current mountain.
- Re-read Psalm 121 and 2 Timothy 1:12. God is with you in the midst of your journey today, tomorrow, and forever.

Two-minute Takeaway

In response to this week's message, commit to taking two minutes each day to take a step closer to God.

Who might God be asking you to “Shamar” this week? Is there someone who needs your presence, encouragement, prayer, practical help, or simply a listening ear? Pray for this person and then reach out with a text, phone call, visit, some practical help, a meal, etc.

Prayer

Close your group time together with prayer.