

PSALM 121

Unix Diza ■ Grace Bible Church ■ June 28, 2026

As sojourners in this world, we must _____ to and
_____ in the LORD who is our
_____ and _____.

I. _____ does my help come from? (v. 1-2)

- The _____
- Who made _____ and

II. _____ does the Lord keep us? (v. 3-8)

- He _____ over us (v. 3-4)
- He _____ us (v. 5-6)
- He _____ us (v. 7-8)

Psalm 121

A Song of Ascents.

¹ I lift up my eyes to the hills. From where does my help come? ² My help comes from the LORD, who made heaven and earth. ³ He will not let your foot be moved; he who keeps you will not slumber.

⁴ Behold, he who keeps Israel will neither slumber nor sleep. ⁵ The LORD is your keeper; the LORD is your shade on your right hand.

⁶ The sun shall not strike you by day, nor the moon by night. ⁷ The LORD will keep you from all evil; he will keep your life. ⁸ The LORD will keep your going out and your coming in from this time forth and forevermore.

DISCUSSION QUESTIONS

These questions are for further study and application of today's text of Scripture. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. One of the best ways to grow as a disciple is by discussing these types of questions in a small group. Find a small group here: gracebiblecw.com/lifegroup or ask someone next to you if you can join their group!

- 1) What "hills" in your life do you tend to look at? What verse(s) from Scripture will you memorize to help refocus your mind and heart to look to Jesus for help?
- 2) How does the truth that the LORD is Self-Existent, Eternal, and Creator change your perspective on the circumstances in your life in which you need help?
- 3) Which aspect of the LORD's keeping (watching, protecting, or preserving) do you need to most remind yourself of as you go throughout your week? What verse(s) from Scripture will you memorize to remind yourself of the specific way the LORD keeps us?
- 4) How can you be intentional this week to speak the truths of Psalm 121 - in love - to those in your life?