



### **Study Guide: Week 3 - Psalm 121**

Opening Prayer: To you, O God, do we lift up our eyes, knowing that from you alone can come our help and our salvation. Grant us a living trust in your mercy and truth so that our hearts do not fear when we must pass through the fire of trials or must wade through the waters of affliction, but always maintain trust in your help, through Jesus Christ. Amen. \*

#### Psalm 121

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.

#### Additional Scriptures:

Genesis 1, Psalm 123, Jeremiah 3:23, Luke 21:10-19, Mt 6:25-35

Questions:

1. The heart of this Psalm has to do with to whom or what we turn when times are tough. In the face of life's struggles where do people typically turn? What are some of the people and/or things you've looked to in difficult times in your life?
2. What is the Psalmist saying about where her help comes?
3. What do you think is meant by the words "he will not let your foot be moved"? What does the video say God does in times of trial?
4. What is evil, according to Scripture? (look at Genesis 3 and the devil's first words) Does God let Adam and Eve remain hidden from Him in the Garden? In what ways does that story reflect what you hear in this Psalm and how might this relate to you as a Christian?
5. How do you know the Lord will keep you from all evil and watch over you? When did God promise you that you're one of His chosen ones?
6. Read Genesis 1, the story of how God created heaven and earth. How do you think this Psalm relates to the creation story of Genesis? In other words, what does it mean for you to have a God the Creator -- as a creature God created?
7. Is the Psalmist saying you will not suffer in this life because you are a Christian? Why or why not? So - if you are suffering in this life, discuss what you think the Psalmist means in verses 5-8.

**PRESENTED BY:**



**LUTHER HOUSE  
OF STUDY**