

# **Psalms 121 - “My Helper”**

*Deuteronomy 16:16-17*

## **My Helper (verses 1-2)**

*A. Background.*

*2 Kings 16:4*

*Jeremiah 3:23; 13:27*

*Hosea 4:11-13*

*B. Blessing.*

## **His Help (verses 3-8)**

*A. Background.*

*B. Blessings.*

*1 Samuel 2:9*

*Psalms 73:25-26*

*Proverbs 3:21-26*

*1 Peter 5:7*

*Psalms 4:8*

## **Psalms of Ascents - Psalms 120:1-134:3**

### **Open It**

1. What are some of the challenges of getting along with your family?
2. How have your relationships with others been affected by your faith in God?
3. How do you think a Christian family might differ from a family that does not believe in the Lord?

### **Explore It**

4. What main request do these psalms present to the Lord? (120:1-134:3)
5. What motivated the psalmists to depend on the Lord for help? (120:1; 121:1-8; 123:1-3; 124:6-8; 126:2-3; 130:1-8; 132:11-18)
6. What promises are offered to God's people? (121:3-8; 125:1-5; 128:1-6; 130:7-8; 132:13-18)
7. How did Solomon remind us that all of life's blessings come from God and not people's own achievements? (127:1-5)
8. What attitude do these psalms tell us to have toward ourselves? (121:1-2; 123:3; 124:1-5; 126:1-3; 127:1; 128:1-4; 130:3, 5)
9. In what specific ways should God's people depend on Him? (121:1-8; 123:1-2; 127:1-2; 130:1, 5-6)
10. What attitude should God's people have toward the Lord? (121:5-8; 123:1-3; 124:1-5, 8; 127:1-2; 129:4; 130:4, 7-8; 131:1-2)
11. How should God's people view a place of worship? (122:1, 4; 132:1-5, 7, 13-14; 134:1-2)
12. What did David realize about his own abilities in comparison to the Lord's power? (124:1-8)
13. What do these psalms say about relationships? (127:1-5; 128:3-4; 133:1-3)

### **Get It**

14. What should motivate us to depend on the Lord for help in times of need?
15. What promises from these psalms would you like to claim for yourself?
16. What attitude should we have toward ourselves?
17. How can we cultivate a humble attitude?
18. In light of these psalms, what attitude should we have toward church?
19. How do you think you could improve your attitude toward worshiping God?
20. In what specific ways do you need to depend more on the Lord and less on yourself?
21. What have you learned from these passages about interpersonal relationships?
22. How should we treat our family members and friends?
23. How can we thank the Lord for His goodness to us?