



WEEKLY STUDY

Summer in the Psalms - Week 10

As we continue our prayerful study of the Psalms this summer, we'll spend the week in Psalm 121. You might imagine that you are journeying up to Jerusalem. It starts with a question about the source of help as you travel. The remainder of the Psalm could be words that are spoken over you. Words of encouragement and hope. As you pray and study this week, may these words be ringing in your ears! God will not slumber or sleep, there is no time when he is not with you.

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit prov.church/smallgroups.

Prayer Focus:

- Pray for people around you who are struggling to find hope. Pray that they would receive the promises of Psalm 121, maybe even through you!

DAILY STUDY

MONDAY: PSALM 121 (NIV)

*Il lift up my eyes to the mountains—
where does my help come from?*

² *My help comes from the LORD,
the Maker of heaven and earth.*

³ *He will not let your foot slip—
he who watches over you will not slumber;*

⁴ *indeed, he who watches over Israel
will neither slumber nor sleep.*

⁵ *The LORD watches over you—
the LORD is your shade at your right hand;*

⁶ *the sun will not harm you by day,
nor the moon by night.*

⁷ *The LORD will keep you from all harm—
he will watch over your life;*

⁸ *the LORD will watch over your coming and going
both now and forevermore.*

- Verses 1 and 2 are anticipating the journey, most likely the journey to Jerusalem. “From where does my help come?” The Lord! So while I look up to the mountain (my destination on this trip) I can know that my help comes from the direction I am headed. Can you say the same right now? Is the purest presence of God your destination in life? How can you tell? In what ways do you need a course-correction?

- **Prayer Prompt: Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4.16)**
- *God, thank you for being both my guide and my destination. I look to you as my source of help. You are the reason I have hope. Amen.*

TUESDAY: PSALM 121 (NIV)

- One of the prevailing themes of the Psalms is a willingness to ask questions. It can give us confidence to bring our own questions to God. When was the last time you wondered where your help was going to come from? What questions are you shouting out to God in this season of life?

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- **Prayer Prompt: How long, LORD, must I call for help, but you do not listen? Or cry out to you, "Violence!" but you do not save? (Habakkuk 1.2)**
 - *God, I confess that at times I have more questions than answers. Yet I continue on this journey as a disciple of Jesus. Thank you for your grace that allows me to ask questions, and for your faithfulness in being the answer to each of them. Amen.*

WEDNESDAY: PSALM 121 (NIV)

- Do you find yourself wondering if God is with you when you are on a long, hard journey? Are you on a journey right now? A journey with your job? With a relationship? With a big life-decision? Did you notice how David immediately answered his own question in verse 2? "My help comes from the Lord." As a reader, we might ask why he would ask the question when he already knew the answer. But as followers of Jesus, we know that we need to be constantly reminded. "God is my help!"
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- **Prayer Prompt: Your word is a lamp for my feet, a light on my path. (Psalm 119.105)**
- *Lord God, light up the path before me today. You know what I am walking through today. Be my help and my salvation. Amen.*

THURSDAY: PSALM 121 (NIV)

- Verses 3-8 seem to be spoken by a travelling companion. They are answering the Psalmist's words in the first two verses. Notice how the language shifts. God will not slumber or sleep and he will provide YOUR protection. It's a promise you have maybe heard before, but when spoken to you and about you by someone else, the promise carries a different weight. Who reminds you of God's promises of protection?
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- **Prayer Prompt: So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand. (Isaiah 41.10)**
 - *God, would you flood my ears and my heart with the promise to faithfully protect me on my journey towards your eternal presence. Amen.*

FRIDAY: PSALM 121 (NIV)

- In verses 5 and 6, the one speaking is describing how the keeper of Israel (vs 4) is your keeper as well. Let that settle in for a minute. In a time when God was thought to be primarily concerned with his collective people, he also had his eye on the individual pilgrim on his way to Jerusalem. The keeper of Israel holds your life as well. Write a response to this truth in the space below.
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- **Prayer Prompt: for he is our God
and we are the people of his pasture,
the flock under his care. (Psalm 95.7)**
- *O God, my Savior and my Shepherd. Thank you for seeing me in the midst of your flock. Keep me in your fold and lead me in the way of life. Amen.*

SATURDAY: PSALM 121 (NIV)

- Are there more reassuring words than verse 7 and 8? God will watch over your life today and always. Forever more. We tend to lean towards scarcity. It is difficult to fathom that God has already declared his unending love for us. He will keep us from harm, he will watch over us. Is there someone in your life that needs to hear these words today?
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- **Prayer Prompt: Jesus Christ is the same yesterday and today and forever. (Hebrews 13.8)**
- *God, I know that you are watching over my life. Forgive me for the times when I forget. Forgive me for taking the reigns of protection. You will provide. I trust in you. Amen.*

GROUP DISCUSSION

As a group, commit to reading a Psalm each day throughout the next several months (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

This week: Psalms 64-70

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?

What challenges you about this Psalm?