

**Welcome to the  
Common Ground Café!**



**Sunday, January 7, 2024**

**Help for Your Journey  
A Study of Psalm 121**

**[www.hillcrest.church](http://www.hillcrest.church)**

In Psalm 121, the poet gave his soul a good “talking to” before he set out on a literal journey. Answer the following questions.

- ❖ How is a new job, a new community, a new commitment, or a New Year’s resolution like starting on a journey?
  
- ❖ Psalm 121 is a chronicle of the poet talking to himself. The physician-turned-preacher, David Martin Lloyd-Jones said, “Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?” What did he mean by that? Why do we need to talk to ourselves more than listen to ourselves?

As the poet began his journey, he reminded himself of four things that are true about God’s care. In today’s Life Group meeting, let’s discuss these four things **with each other** so you’ll be better equipped to discuss these things **with your soul!**

### **The Consistency of His Care**

Read Psalm 121:3.

What phrases indicate God is reliable?

How does this reassurance of his reliability help you on your journey?

## The Intimacy of His Care

Read Psalm 121:5.

In the movies, when a detective says he's going to "shadow" a suspect, what does that mean? How does that help you understand the promise in verse 5 that God will be your "shade"?

Why does the poet assure us that God will be your shade "at your right hand"? Doesn't the left hand need that shade, too?

How is the Lord described in Psalm 121:2? Eugene Peterson said that we all acknowledge the truth of verse 2 but we struggle with the truth of verse 5: "We know that God created the universe and has accomplished our eternal salvation. But we can't believe that he condescends to watch the soap opera of our daily trials and tribulations; so we purchase our own remedies for that. [We think that to] ask him to deal with what troubles us each day is like asking a famous surgeon to put iodine on a scratch.... But Psalm 121 says that the same faith that works in the big things works in the little things. The God of Genesis 1 who brought light out of darkness is also the God of this day who keeps you from all evil."

If we really believed that the "Maker of heaven and earth" (verse 2) is "shadowing" us at our very side (verse 5), what would change about our prayers? Our boldness in dealing with challenges? Our faith in dealing with hardship?

## **The Range of His Care**

Read Psalm 121:6 and 8.

Find three pairs of words in these verses that indicate how wide-ranging God's care is.

## **The Thoroughness of His Care**

Read Psalm 121:7.

Does the verse limit the "harm" that God will "keep" you from?

Does this mean you will not experience any bad stuff in life if you are a follower of Christ? Explain.

What does it mean to be "kept" by God? (Hint: See Romans 8:31-39.)

Close with praise reports and prayer requests