



## KEEPER

### RE-CAP OF LAST WEEK

- Psalms of Ascent start w/Psalm # \_\_\_\_\_ end w/# \_\_\_\_\_
- \_\_\_\_\_ (#) steps separate the two courtyards in the Temple.
- There are \_\_\_\_\_ (#) Psalms of Ascent.
- To get to Jerusalem, you have to (circle) **climb** or **descend**?
- Jews were required to make pilgrimage to Jerusalem \_\_\_\_\_ times/year.

1. **Sometimes, the best motivation we have for going someplace new is \_\_\_\_\_ over someplace old.**

### Psalm 121: A Song of Ascents

**CONGREGATION:** <sup>1</sup>I lift up my eyes to the hills. From where does my help come? <sup>2</sup>My help comes from the LORD, who made heaven and earth.

**WORSHIP LEADER:** <sup>3</sup>He will not let your foot be moved; he who keeps you will not slumber. <sup>4</sup>Behold, he who keeps Israel will neither slumber nor sleep. <sup>5</sup>The LORD is your keeper; the LORD is your shade on your right hand. <sup>6</sup>The sun shall not strike you by day, nor the moon by night. <sup>7</sup>The LORD will keep you from all evil; he will keep your life. <sup>8</sup>The LORD will keep your going out and your coming in from this time forth and forevermore.

2. **When you KNOW WHO GOD is, you can find your \_\_\_\_\_.**

**Psalm 46:1-3** [1] God is our refuge and strength, a very present help in trouble. [2] Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, [3] though its waters roar and foam, though the mountains tremble at its swelling.

### **"THE LORD IS YOUR KEEPER"**

**SHAMAR:** *to keep, guard, to preserve, protect, watch*

- 1) **The \_\_\_\_\_ is how it feels, it's not how it is.**

### **DIGGING DEEPER**

*Questions and reflections for your own personal or group study.*

1. What were some of the key points you remember from our study of Psalm 120 last week.
2. You may not be walking on rocky paths too often nor needing protection from a hot sun, but what kind of things do you need protection from today?
3. How does the phrase "maker of Heaven & earth" help you know God. What can you know about him from this simple phrase?
4. What does it mean that "the Lord is your keeper?" How does this encourage you on the journey?
5. Read the story of Elijah & the Prophets of Ba'al in 1 Kings 18:20-29, especially Elijah's taunting in Verse 27. How does this compare to the language describing God in Psalm 121?
6. How have you experienced God's protection in your life?
7. Where are you today in the pilgrimage of life? Starting out? Are you crying out for protection, resting in safety, maybe catching a glimpse of Jerusalem?