

Songs and Psalms

Week 10 - 8/9/20 - Psalm 121

Main Idea: Even when it's hard, we should trust in God. He is stronger than any problem, and He promises to protect us.

Background: This is a song that the Israelites would sing on a long journey. They would travel to Jerusalem every year to go worship God. The journey was never easy and it could be very dangerous, but the Israelites trusted that God would keep them safe until they reached their destination.

Read:

- **1** I 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.

**Did you know that sometimes, when the Israelites were traveling to Jerusalem, there would be bad guys (thieves) up in the mountains?

- That's why this Psalm says, "I look up to the mountains, where does my help come from? My help comes from the Lord."

**The Israelites trusted God with the thieves in the mountains and just like God helped the Israelites on their journey, He will also help you!

Questions:

- What does it mean that God wants to help us? How have you seen God help you in your life?
- What are the promises of these verses? What do these look like in your life?

Song List:

- I lift my eyes up (Brian Doerksen)
- I lift my eyes (Central Live)

Activity: This week, go on a family walk. While you walk, think about how the Israelites must have felt and try to imagine huge mountains surrounding you. Then, look up!