

The Lord is our Help

My help comes from the Lord, who made Heaven and Earth. 121:2

Background & Context

The author of this psalm is unknown.

It is one of fifteen Psalms of Ascent, sung by Israelites as they journeyed uphill to Jerusalem for religious festivals.

The Lord is our Helper

121:1-2

We are all in need of God's divine help and protection as we journey through life.

The God who created the world has always used that same power to help His people.

_____ the Lord to help you!

The Lord Keeps Faithful Watch

121: 3-6

God's help is uniquely personal and He is always near.

His watch over you is constant and limitless.

Actively _____ for evidence of God's faithful protection and help in your life.

The Lord Promises Eternal Help

121: 7-8

This present life has trials but we can live with peace and joy knowing God alone redeems our soul.

Eternity is secure through salvation in Christ.

_____ God's greatest help is not temporary relief but eternal salvation.

Key: Trust, look, Remember

Essence (noun): the basic, real, and invariable nature of something that determines its character



In Essence ...

June 18, 2026

Psalm 121

Meet God as He Reveals Himself in Scripture

Deuteronomy 33:29

"Happy are you, O Israel! Who is like you, a people saved by the Lord, the shield of your help, and the sword of your triumph! Your enemies shall come fawning to you, and you shall tread upon their backs."

Psalm 70:5

But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

Genesis 1:3

And God said, "Let there be light," and there was light.

Isaiah 41:10

...fear not, for I am with you; be not dismayed, for I am your God; I will help you, I will uphold you with my righteous right hand.

Romans 6:23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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INTRODUCTION

- Would you rather never have to cook again or never have to clean again? Why?
- When you think of God as your help, what comes to mind?

DISCUSSION

1. How did this Psalm expand your understanding of the Lord as our help?
2. What is a verse in the passage or on the verse sheet that stood out to you, and why?
3. What is something from the passage and teaching you want to remember?
4. Look at Psalm 121:7-8. How do these verses specifically deepen your understanding of God as your help?
5. What evidence of God's faithful care and protection can you identify in your life right now?
6. Where do you need to trust that God's care for you is personal and intentional, even if it looks different from the way you want Him to help?
7. What is something (perhaps a verse, application, or short prayer) you want to remember from tonight? If you'd like, write it on a card at your table and take it with you as a reminder in the days ahead.

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