

## **Small Group - Psalm 121 "Say to your Soul – 'Soul, God is your Keeper'"**

Psalm 120 guides the first step of our spiritual pilgrimage. Expressing with the psalmist our deep discontent with the patterns of the world and in repentance setting our faces to the New Jerusalem. Psalm 122 reflects thanksgiving for safe arrival in Jerusalem. Psalm 121 then reflects on the pilgrimage itself which is a metaphor for the journey of life.

### **Read Psalm 121**

1. What dangers does the psalmist anticipate will be a part of their pilgrimage to Jerusalem?

How is the journey of life similarly fraught with such dangers?

2. The psalmist lifts their eyes to the hills and cries out in desperation – "Where does my help come from?" The hills reflected their cultures answers to just such a question, for atop every hill was a high place, a temple, a shrine, a sacred grove of trees. What are the high places in our culture that give answers to our cries of desperation in the midst of the troubles of life?

The Psalmist looks above the hills and locates their help in the Lord who is maker of heaven and earth.

3. The Hebrew of vs. 3 reveals that the first movement of the psalmist to lay a hold of this help is prayer. Is prayer our first response when we encounter the dangers inherent in the journey of life? Why or why not?

The Hebrew of vs. 4-8 gives us an indication that we are overhearing the internal dialogue of the Psalmist. The Psalmist is taking a hold of themselves and saying – "Listen self – there is something in this you need to hear!"

4. What truths about God does the psalmist remind themselves of? How would you anticipate laying a hold of these truths would impact the present experience of the psalmist?
5. In your own life where might you need to stop listening to yourself and start talking to yourself – reminding yourself of who God is – what he has done – and what he has pledged to do? What impact would you think that would have on your current situation?