

Read Psalm 124

1. The psalm is a song of anamnesis. Anamnesis is bringing up the past into the present so as to enter and participate in it. It's the opposite of amnesia (forgetting what you remembered) vs. anamnesis (remembering what you forgot). What are some ways we in Western culture and as a church practise anamnesis?

*We as a culture practise anamnesis in several ways: holidays (e.g. Remembrance Day), memorials, funerals, anniversaries, birthdays. As a church, we primarily practise anamnesis in the Eucharist. We also practise remembering what we are prone to forget (e.g. biblical truths) in the liturgy, services, rites, and prayers by calling to mind the larger story of our faith in the Bible.*

2. In v. 1, King David calls Israel to remember God as being on their side during horrific times. Can you recall a moment in your life or your family's life when you felt God beside you and your loved ones?

*Allow for open sharing from one another's experiences as an opportunity to mutually encourage and affirm each other.*

3. In v. 2-7, David describes in five ways how God rescued Israel from evil: from their enemies, the monster, flood, wild beast, and the bird's trap. Despite suffering these evils, David testifies to God's miraculous deliverance from them. How does God rescue us from the destructive forces of evil? What does divine deliverance look like?

*God ultimately rescues us from evil by Jesus Christ, who Himself suffered evil but was delivered in the resurrection. We are not ultimately defeated though we will suffer harm. God rescues us in our daily struggle with evil and sin by sustaining our hope, our faith, our morality, our integrity, our humanity despite the many temptations that lure and capture our desires, our freedom, our hearts, and our hopes. Divine deliverance then is not becoming invulnerable to suffering but to suffer well and to suffer redemptively in the face of evil.*

4. In v. 8, David makes a final affirmation that help is from the LORD, the maker of heaven and earth. How does this truth influence the way we live our lives as Christians each day?

*Affirming God's perpetual help allows us to be honest and truthful with our own humanity, mortality, fragility, and identities as God's creatures in a fallen creation, that we are not self-sufficient in and of ourselves, but depend on many things and other people, and most especially to divine providence to meet our most basic and important needs. This generates humility, generosity,*

*a loose grip and not a tight grip on life and on our money and possessions, an openness and willingness to risk in relationships, a gentleness in life, less anxiety and fear, and faithfulness in our responsibilities and gifts and time.*