

Psalm 121

Discussion Guide

Prepare

Play the song, "Trouble" by Ray LaMontagne. Reminisce about all the worries you have faced over your lifetime and how you've handled them. If you could travel back in time, what advice would you give yourself about how to handle worry?

Today's Text

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.*

1. *"Therefore I tell you, do not worry about your life..."* Matthew 6:25 *"Do not be anxious about anything,..."* Philippians 4:6

I know it's hard to challenge Jesus and the Apostle Paul but is it actually possible to come to a place in our lives where we actually no longer worry? Have you arrived at that place in your life yet?

2. Share about the most significant battle you've had with worry.
3. When you experience worry, what has helped you the most to overcome it? What didn't help?
4. Share a time when this statement became self-evident to you: *"What you focus on can have a huge impact on your mental and emotional state."*

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5. How hard is it to shift your focus from the badness of your problems to the bigness of God?
6. Our word for "worry" come from the German word "wuergen" which means "to strangle, constrict, or choke." How accurate is that description of the physicality of worry? When you worry, how does that affect your body? How does that affect your mind and emotions? How do you calm yourself down when gripped by worry?
7. What do people look to for help? Is there anything wrong with taking responsibility for your life, seeking the help of others, including the government, or using medication to help you cope? What are the limitation of each of these approaches to coping with worry?
8. When experiencing hard times, what kind of help do we want from God? Why doesn't God give us the kind of help we want? What does he offer and does it really help?
9. Share a time when you could see the watchful eye of God over your life.
10. Has God enabled you to persevere in your faith despite all the troubles you have faced? Was there a time in your life when you temporarily walked away from God because the worries of this life choked out your faith?
11. The Psalmist makes some pretty big promises about what God will do for us: *"He will not let your foot slip....The sun will not harm you by day, nor the moon by night."* (vss. 3, 6) Talk about comprehensive care! Has this been your experience? Share a "moon moment" or a "sun situations" that God helped you through?
12. Have you ever handled worry in an unhealthy way? What were the consequences?
13. What concerns do you currently have that we can pray about for you?
14. Is there anything left out in this discussion that you'd like to talk about?