

# LOOK UP!

## PSALM 121

<sup>1</sup>I lift up my eyes to the mountains—  
where does my help come from?  
<sup>2</sup>My help comes from the LORD,  
the Maker of heaven and earth.  
<sup>3</sup>He will not let your foot slip—  
he who watches over you will not slumber;  
<sup>4</sup>indeed, he who watches over Israel  
will neither slumber nor sleep.  
<sup>5</sup>The LORD watches over you—  
the LORD is your shade at your right hand;  
<sup>6</sup>the sun will not harm you by day,  
nor the moon by night.  
<sup>7</sup>The LORD will keep you from all harm—  
he will watch over your life;  
<sup>8</sup>the LORD will watch over your coming and going  
both now and forevermore.

## TRANSFORMED BY THE TRUTH

QUESTIONS FOR REFLECTION & DISCUSSION

Read through Psalm 121 in more than one translation of the Bible. Consider reading it in a favorite outdoor spot or while on your knees.

1. What part of creation reminds you of God the most? Why?
2. Read Psalm 121:1-2. How does God's creation power encourage us to turn to Him for help? How do you need God's help most at the present time?
3. Read Psalm 121:3. What are some modern-day dangers of stumbling in our daily walk with God? What are some spiritual resources that give us sure spiritual footing?
4. Read Psalm 121:3, 5, 7-8. How has the truth that God "watches over you" been visible during your life so far? Recount specific ways and share one way with a person you trust.
5. Personalize Psalm 121:5-8 in a prayer. Pray it for yourself and someone else. Consider letting the other person know how you are praying for them.