



3

LEADER LESSON

PSALM 121:1-3

LEADER TEACHING TIP

Do NOT “shock & awe”. When a student shares something with you that catches you off guard (such as a sin issue or that he/she doesn’t believe in God), do NOT respond with shock and awe or with a judgmental attitude. Watch your body language and the tone of your voice and respond by sharing Biblical truth calmly, respectfully and lovingly. If you respond with “shock and awe” you send a loud message to the student that you are *not* a safe place for them to share and that you *will* judge him/her.

INTRODUCTION (15 MINUTES)

Pray

Open your time together in prayer.

Checkpoint

Last week, we challenged you to take action. **If you had an unrepentant sin**, did you spend time with God and ask for forgiveness? **If you practiced your testimony**, did you get the chance to share it with someone?

Video

To view the engage video, please see the instructions stored on the back of the TV in your room. has context menu.

READ PSALM 121:1-3

DISCUSSION QUESTIONS (30 minutes)

Observation, Interpretation, and Application

1. What question is being asked in verse 1?
Where does my help come from?
2. The Hebrew word for help in verse 1 and 2 is the combination of two words, the first meaning to save or rescue and the second meaning to be strong. Together these words describe being rescued by someone strong and powerful. What does this show us about the Lord?
This word shows us that God not only wants to save or rescue us but also that He has the strength to do so.
3. The expression to “lift my eyes” in Hebrew means to look at something longingly or with desire. When facing a challenge, did/do you lift your eyes up to God or did/do you look down to something else for help?
4. What are the three things the Psalmist tells us about God in verse 3?
God will not allow our feet to slip. God watches over us. God will not sleep.
5. Notice in verse 3 God is not watching us, it states that He is watching over us. What is the difference and why is that significant?
Watching over means caring for and intervening in someone’s life, while just watching is more uninvolved.

6. Knowing that God is strong and can rescue you, how would you feel if He didn't change your situation?

Checkpoint Challenge

Take some time this week to journal and pray about where you go for help when things get tough. Ask God to show you how to rely on Him more. Then, talk with a friend from RUSH about what you learned and support each other in turning to God for help.

CLOSING PRAYER IDEA/SUGGESTION (10 minutes)

Listen to ["I Lift My Eyes – Psalm 121"](#) by Ellie Holcomb, then close in prayer and thank God for watching over us.

DIVE DEEPER (RESOURCES FOR STUDENTS WHO WANT TO DIVE DEEPER AFTER TONIGHT)

Cross References

God's Protection

John 17:12 & 15
Romans 8:38-39
Psalm 33:20

God's Power

1 Kings 18:20-39

Prayer Suggestions Related to Psalm 121

The Psalms give us beautiful examples of experiencing God in prayer. Experience God this week in prayer through one or all of the following suggestions.

- Practice praying the Bible.
 - Try David Platt's pray the word titled [He Does not Sleep nor Slumber \(Psalm 121:3-4\) - Radical](#), and thank God for watching over you.
- Practice breath prayer with Psalm 121.
 - Spend a few minutes taking deep breaths in and out. Then breathe in slowly and pray, "Where does my help come from" then slowly breathe out and pray, "My help comes from the Lord".
 - Try this for 30 seconds when you are feeling lost or overwhelmed.
- Practice prayer with music.
 - Listen to [Poor Bishop Hooper's song on Psalm 121](#) and pray and thank God for being your help.