



A Worship Discussion Guide for Individuals, Groups & Families for the week of August 9, 2026

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

Psalm 121 My Help Comes From the LORD

The Psalms of Ascents are the group of fifteen prayers found in Psalms 120-134. This collection of songs was sung by pilgrims traveling to Jerusalem for the annual Feasts of Passover, Weeks & Tabernacles ([Exo. 23:14-17](#); [Deut. 16:16](#)).

Psalm 121 is the second of the Psalms for Pilgrims. Last week, Psalm 120 expressed the pilgrim's distress in a hostile world. This week, Psalm 121 answers the question: Who will get me safely home? The answer is not found in our strength, wisdom, or vigilance, but in the LORD, who made heaven and earth. who keeps His people. In the New Testament, we see this promise fulfilled in Jesus Christ, our Good Shepherd, who never fails to keep those entrusted to Him.

Psalm 121. A Song of Ascents.

¹ I lift up my eyes to the hills.

From where does my help come?

² My help comes from the LORD,
who made heaven and earth.

³ He will not let your foot be moved;
he who keeps you will not slumber.

⁴ Behold, he who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper;
the LORD is your shade on your right hand.

⁶ The sun shall not strike you by day,
nor the moon by night.

⁷ The LORD will keep you from all evil;
he will keep your life.

⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.

- The Psalmist looks for help (1-2). **What process does he go through, and what does he conclude? How have you needed help this week? What process did you go through in that need for help?**
- The Psalmist calls to mind particular ministries and qualities of the LORD (3-4). **What pressures or temptations have made you unsteady this week? God is not shaken, unaware, or asleep: How has He been faithfully at work in your unsteady times?**
- The LORD is your keeper (5-8). **What are the various aspects of the LORD's "keeping" care?**
- The promise that the LORD is your keeper does not mean that we will never suffer. Rather, nothing can separate God's people from His saving purposes. Jesus Himself suffered, yet was perfectly kept by the Father and now keeps His people forever. **Share about a time when God preserved you and your faith through a difficult season.**
- The LORD is your keeper through every season of life. From daily routines, to life's greatest transitions, into eternity, Jesus guarantees that His people will safely arrive Home at last. **Where do you most need grace to know that Jesus is with you right now?**
- Psalm 121 assures weary pilgrims that their security rests in the LORD's keeping care. Jesus Christ is the fulfillment of this Psalm, and the Good Shepherd who laid down His life for and keeps His sheep. He does not sleep or grow weary. He preserves us through every joy and sorrow, every departure and arrival, until He brings us safely to Glory. **Pray Psalm 121 out loud together, and then pray for one another.**