



# Psalm 121

1. What insight, principle or observation from this week's message did you find to be most helpful, eye opening or troubling? Please explain.
2. Journeying to God can often get us thinking that life will be easier. When did that lie come crashing in on you? What affect can it have on our faith?
3. Read Psalm 121. Mountains were often looked to for help cause the gods dwelt on the mountains. What are "mountains" we often look to today instead of going to God?
4. Describe a time in your life where you faced a trouble, big or small, and you tried everything it seemed and then lastly thought of God. Why do you suppose we are so forgetful to call on God for help?
5. In what area of your life are you most prone to try it alone (relationally, financially, making plans/decisions, fighting vices or temptation?) rather than turn to God. In what area of your life right now do you need to turn to God and look to him for help?
6. How can you be more intentional to practice the presence of God in your life?
7. Read Psalm 121:7-8 and Romans 8:35-39. What do these verses say about being an overcomer through God/Christ? How do these verses encourage you?
8. Pray together.