Psalm 121 Go Deeper

1. **Start a "God File":**
   * Begin a journal or use a notes app on your phone to create a "God File." Every time you read your Bible, look for truths about God's character and write them down. This practice will help you gather evidence of who God is, reinforcing your understanding and belief in His nature. Over time, this collection will serve as a personal resource to remind you of God's attributes and His presence in your life.
2. **Memorize Psalm 121:**
   * Commit Psalm 121 to memory. This Psalm provides foundational truths about God's role as our Helper, Maker, Guardian, Shade, and Keeper. By memorizing it, you'll have these truths readily available in your heart and mind, allowing you to draw strength and comfort from them whenever life's challenges arise. This practice will help solidify your personal doctrine of God, ensuring it's strong enough to support you through life's trials.