

## Psalm 121

### **4 Encouraging Truths to Increase your Confidence in the LORD**

1. The LORD is your Helper (vv. 1-2)

How often is the “LORD” used in this psalm? \_\_\_\_\_

2. The LORD is your Guardian (vv. 3-4)

How often is the word “keep” used in this psalm? \_\_\_\_\_

3. The LORD is your Protector (vv. 5-6)

How often is the word “you” or “your” used in this psalm? \_\_\_\_\_

4. The LORD is your Preserver (vv. 7-8)

## **Application of Psalm 121**

1. Just as this psalm seems to be one person encouraging another, are there people you can encourage this week with the truth that God is their helper/guardian/protector/preserver?
2. Are there challenges in your life that you are not looking to God for help with? If so, ask God to forgive you and help you.
3. As you try to navigate the journey of life are you spending time in God’s Word each day to know how to live and how to respond to trials along the way? (Ps 119:105)
4. Do you trust God or blame God, turn to God or away from God during times of pain and trial? Ask the LORD for confidence to trust Him even through the worst situations and know nothing happens He will not use for your good (Rom 8:28)
5. Look back on your life and thank the LORD for how He has guided you in the past and helped you through challenges.

Reading this week: Read Psalm 121 each day this week.

## Sermon Notes for Children (or Children at Heart)

Date \_\_\_\_\_

Pastor \_\_\_\_\_

<u>Book</u>	<u>Sermon Main Points</u>	<u>Other Bible References:</u>
<u>Chapter</u>	_____ <b>Encouraging</b> _____ <b>to</b> _____ <b>your Confidence in the</b> _____	_____ _____ _____ _____ _____ _____
<u>Verses</u>	The LORD is your _____ (vv. 1-2) The LORD is your _____ (vv. 3-____) The LORD is your _____ (vv. ____-6) The LORD is your _____ (vv. ____-____)	_____ _____ _____ _____

**Words you heard during the sermon (tally each time)**

God	Lord	Confidence	Journey	Keep	Psalm	You/your

What is the message about? \_\_\_\_\_

How can you do this? \_\_\_\_\_

What/who can you pray for? \_\_\_\_\_

Draw a picture related to the message: