



Where Does My Help Come From?

Date : 5/15/24

Key Scriptures : Psalm 121

LECTIO DIVINA/ STUDY GUIDE

Reading & Prayer

A Song of Ascents.

¹ I will lift up my eyes to the mountains;
From where shall my help come?

² My help comes from the Lord,
Who made heaven and earth.

³ He will not allow your foot to slip;
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 will not smite you by day,
Nor the moon by night.

⁷ The Lord will protect you from all evil;
He will keep your soul.

⁸ The Lord will guard your going out and your coming in
From this time forth and forever.

Pilgrimage Steps

Step 1 - Out of Lies and Into Truth (Repentance)

Step 2 - Finding Help In Trouble (Trust)

Step 3 -

Step 4 -

Step 5 -

Step 6 -

Step 7 -

Step 8 -

Step 9 -

start reading. read together the main scripture for this study

read the scripture

In reading these verses of scripture, what would you circle, highlight, or underline as important to know or understand? Is there anything you noticed for the first time?

Is there one word or phrase the Holy Spirit impresses upon you? Meditate on that.

How does this Scripture relate to : **Knowing God's Story - Knowing Christ In You - Knowing God's Mission?**

start thinking. ask a thoughtful question

Step 2 in our summer pilgrimage is a step of "trust." The end of Psalm 121, "**The Lord will guard your going on and your coming in**" has wonderfully become a kind of travel prayer. "*Lord Jesus, in _____'s coming and going be with them.*" Comings and goings are simply the everyday journey in the life of faith as well as the kind of "travel mercies" we pray for. The promise is that God will be with us in the beginning and all the way through to the finish.

Why then is there a temptation to find "supplementary help" in the middle.

Where does the world (in a Romans 8:6-7 perspective) offer help apart from God. Remember Eugene Peterson's words, "**RESCUE ME FROM THE PERSON WHO TELLS ME OF LIFE AND OMITTS CHRIST, WHO IS WISE IN THE WAYS OF THE WORLD AND IGNORES THE MOVEMENT OF THE SPIRIT!**"

start sharing. engage it with your story

What specific situation in your life relates today? Write down a prayer or pray quietly.

What did the Holy Spirit speak to you personally about during the sermon? Was there anything that caught your attention, challenged, or confused you?

Past or present - in what ways have you had to lay down "helps" from the world and begin to trust that God is your helper? - **How does that play out in practice // in reality?**

Can you identify a place in your life where you've "lifted your eyes to hills" (aka, a substitute for God) for help?

start practicing. commit to a next step and live it out this week

We begin with a confession of belief : "**My help comes from the Lord, the maker of heaven and earth.**"

Next, we begin to lay aside our "helps" that are against God's desire for a spiritually formed life, being renewed in His image.

start praying. be bold and pray with power