

SERMON APPLICATION GUIDE

PSALM 121: THE PILGRIM'S SONG

September 5, 2021

"Happy are the pilgrims to whom this psalm is a safe conduct; they may journey all the way to the celestial city without fear." Charles Spurgeon

"[The Ascent Psalms] are songs of transition, brief hymns that provide courage, support and inner direction for getting us to where God is leading us in Jesus Christ...Everyone who travels the road of faith requires assistance from time to time. We need cheering up when spirits flag; we need direction when the way is unclear." Eugene Peterson

Read Psalm 121

DISCUSSION 1: PILGRIM

1. What are some of the images, thoughts, synonyms, and descriptions that come to mind when you think of a pilgrim? Why is "pilgrim" fitting for our spiritual journey in this life?
2. What are some of the differences between a tourist, a resident or settler, an exile, and a pilgrim?
3. Can you think of men and women (or whole groups) in the Bible that journeyed, were pilgrims, or had to take a long trek? What were some of the reasons behind their journey? What were some of the things God did in and through them because of that journey?

DISCUSSION 2: HELPER

1. Can you think of some significant events, OT and NT, that took place on mountains and hills?
2. Read Psalm 11:1; 48:1; 87:1; 123:1; 133:3; Luke 6:12. Why are the hills or mountains often used to refer to God's dwelling place or a source of experiencing God's power and nearness?
3. What does the phrase "I lift my eyes up to the Lord" call you to do?
4. How can you remind yourself to do that this week, and what does that practically look like to lift your eyes up?
5. Read Ps. 46:1; 54:4; 124:8; Is. 41:10, 13; Heb. 13:6. What are some of the ways God is our helper?
6. Can you recall a time when God has helped you in a trial? What did that look like?

DISCUSSION 3: KEEPER

1. Read Ps. 37:23-24; 94:17-19. What does it mean that God won't let our feet slip? Does that mean we won't suffer, have pain, or make mistakes? Why or why not?
2. When you think of shade what comes to mind?
3. Read Ps. 17:8; 36:7; 57:1; 63:7; 91:1; Is. 51:16. How is God our shade? How can we experience the shade of God for refuge, rest, and refreshment?

4. Read Ps. 138:7-8; 145:20; Jer. 31:10; John 10:28-29; 18:9; Rom. 8:35-39; 2 Tim. 4:18; 1 Cor. 1:7-9. What does it mean that God will keep us? What are ways God does this? Why should this encourage and motivate us today?