

Psalms for Every Season: Songs of Ascents

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Psalm 121

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Reflection & Discussion

Music can have the ability to make us feel all kinds of things

Songs can be a part of your story as they have comforted or guided you.

*What are some of the songs that make up your life's soundtrack?

*Think or tell about an experience connected to a song or song lyrics. How has this song been a part of your journey?

The Psalms of Ascents were the 'road trip playlist' the Israelites knew by heart.

Read and discuss Psalm 121 (NIV)

¹ I lift up my eyes to the mountains—
where does my help come from?

² My help comes from the Lord,
the Maker of heaven and earth.

³ He will not let your foot slip—
he who watches over you will not slumber;

⁴ indeed, he who watches over Israel
will neither slumber nor sleep.

⁵ The Lord watches over you—
the Lord is your shade at your right hand;

⁶ the sun will not harm you by day,
nor the moon by night.

⁷ The Lord will keep you from all harm—
he will watch over your life;

⁸ the Lord will watch over your coming and going
both now and forevermore.

*What do you notice about this psalm? How are the literal and metaphorical?

*Knowing that these words were sung on a journey, what does that say about a process?

*Where are you currently on a journey? Where are you hoping for the destination without the process?

Psalm 121 mentions the Lord watching over us several times

God won't let your foot slip; God doesn't slumber; God will be your shade; God will guard your life from evil and watches over your coming and going.

*Which type of watching resonates with your heart right now? Why?

Just like these pilgrims, we are also traveling together on this journey

We can glean strength and wisdom from God's word and God's people – if we choose to.

*Who do you listen to, follow, and cry out to as you go? Are there people in your life you trust and help you remember how far you've come?

*What Scripture, songs, words, and poems do you carry with you?

The Psalms of Ascents remind us that in our going, our trusting, our healing – God is with us

God is not just our fuel to keep going, but our companion along the way.

*How has God's presence impacted you along your journey?

*What is the Spirit saying to you through these songs about your current season of life? Where are you being invited to lean into the journey?

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