

PSALM 121

GOD IS YOUR GUARDIAN

13th June 2021
#tbsundayteaching

PRAISE AND THANKS — PSALM 121

Start by reading [Psalm 121](#)

[Which verses speak to you?](#) Write them out or underline them.

[Spend time praising and thanking God](#) — use the Psalm and your highlighted verses to help you.

You may also want to use one of these songs to help:

[Psalm 121 — All Sons & Daughters](#)

[I Lift my Eyes Up to the Hills \(Psalm 121\) — Celtic Psalms](#)

[My Help — Mark Beswick](#)



PSALM 121 – GOD IS YOUR GUARDIAN

We will be using a talk by Jazz Crowne from Emmaus Road Church in Guildford to explore the Psalm.

In her talk, Jazz describes God as our “Guardian”.

What does having a guardian mean to you?

How does it make you feel?

Write down the key characteristics that make a good guardian.

Have a listen to the first part of the talk and then think about the questions on the next page. Stop at 51m35s.

<https://www.youtube.com/watch?v=bzegKLdfj6k&t=2613s>



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PSALM 121 – GOD IS YOUR GUARDIAN

Jazz says *“The promise of this Psalm is that nothing can ever separate us from God’s purposes in us and his faithful hand”*

Lets stop and consider God’s faithfulness.

1. **What does it mean to be faithful?** Do a bit of research online to help you explore this idea and its meaning.
2. Can you think of an example of **God’s faithfulness in the Bible** – you may wish to use biblegateway.com to help.
3. When has **God been faithful in your own life** or in the lives of those around you?



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Now have a listen to the rest of the talk and then consider the questions.

<https://www.youtube.com/watch?v=bzegKLdfj6k&t=3095s>

Jazz talks about “mountains” as the things that we rely on rather than relying on God.

1. Where do you look for your help? Where does your strength and certainty come from?
2. What are the “mountains” you have built for yourself?



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Lets do what Jazz suggests in her talk and ask yourself honestly:

Do you fully trust God? Is there something that you don't trust?

Jazz identified a fear she had – that things would be too much for her to deal with. By being honest about it she was able to identify her fear and find a promise of God to dispel the fear and help her to overcome it. (1 [Corinthians 10:13](#))

What fears do you have?

Find a scripture which speaks the truth. Read it out aloud, write it out and keep it somewhere you can regularly see it.



TRUST IN THE LORD
WITH ALL YOUR HEART
AND LEAN NOT
ON YOUR OWN
UNDERSTANDING
PROVERBS 3:5

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Spend some time in prayer and worship reflecting on what you have thought about today. **Ask God to help you to:**

1. Rely on him rather than the “mountains”
2. Trust in Him and in His promises to overcome our fears
3. Be brave and believe in the truth in the tough times

You can use the following songs to help:

[Guardian – Ben Cantelon](#)

[Cornerstone – Hillsong Music](#)

[Fear No More – The Afters](#)

