

# Small Group Leader Sermon Text Summary 04/10/2016

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Psalm 121. "The Lord Our Keeper" by Trent Hunter

In Short: The Lord guards and protects his people throughout life's journey.

## Sunday's Outline

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1. A question from the trail: From where does my help come?
  - a. A key question for each of us.
  - b. There is no better helper than the maker of heaven and earth!
2. Four kinds of help.
  - a. He is our keeper from trouble in the future (vv. 1-2). Life's hills are difficult to cross and may hide those seeking to do us harm. God made the hills, however, and is our keeper.
  - b. He is our keeper from trouble under foot (vv. 3-4). The ground is treacherous, and my very feet may fail me. God is always watching, and keeps us from slipping.
  - c. He is our keeper from trouble overhead (vv. 5-6). Life's miseries come in many forms. God rules these too, however, and shades us from all threats.
  - d. He is our keeper from all trouble of all kinds at all times (vv. 7-8). This is true for the things in life that are beautiful, difficult, and mundane—and is true forever.
3. Is it true? The psalm's promises seem over the top. What of Christians tortured and killed?
  - a. God promises the kingdom of heaven, saving us from our very worst enemy: our own sin. This promise truly is over the top!
  - b. See 1 Peter 1:3-9. All his children make it home.

## Help for Understanding & Application

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- 1) Have you ever before appreciated the imagery of a traveler on a long, difficult journey in Psalm 121?
- 2) What did Trent mean when he said, "God is of no help to you if he is like you"?
- 3) Share an account from your life's journey where God has been your keeper.
- 4) Do you agree that rescue from our own sinfulness is greater deliverance than from any of life's other difficulties, such as sickness or tragedy? How should this affect our attitude toward the trials we face? Read 1 Peter 1:3-9 together.
- 5) In whatever you are facing now, do you find genuine comfort and encouragement in Psalm 121? Reread the psalm together.