



**Week #4: A Song of Help**

**Big Idea:** David had experienced God’s deliverance repeatedly during his life, and so have we. Such constant help deserves more than an occasional offering.

**Anchor Scriptures:**

- Psalm 121 (NIV)
- Psalm 34 (NIV)
- Psalm 141: 27, 46, 91 (NIV)

How does God really \_\_\_\_\_ us?

1. God helps us over the mountain with \_\_\_\_\_.
2. God helps us around the mountain with \_\_\_\_\_.
3. God helps us through the mountain with \_\_\_\_\_.

**You:**

1. \_\_\_\_\_ the mountain.
2. \_\_\_\_\_ how to face it.
3. \_\_\_\_\_ God’s help.

## Discussion Questions

1. How has God been faithful to you in past mountains you've faced?
2. Right now, what mountains seem too high to climb in your life?
3. How do you plan on facing it? Going over, around, or through the mountain?
4. Depending on your mountain, ask for God's perseverance, perspective, or presence.

## Resources

- *My Soul Finds Rest*, by Dietrich Bonhoeffer
- *Life Lessons from Psalms*, by Max Lucado
- *The Songs of Jesus: A Year of Daily Devotions in the Psalms*, by Timothy Keller

NIV (New International Version)

## FILL COPY

### Week #4: A Song of Help

**Big Idea:** David had experienced God's deliverance repeatedly during his life, and so have we. Such constant help deserves more than an occasional offering.

#### Anchor Scriptures:

- Psalm 121 (NIV)
- Psalm 34 (NIV)
- Psalm 141: 27, 46, 91 (NIV)

How does God really **HELP** us?

1. God helps us over the mountain with **PERSEVERANCE**.
2. God helps us around the mountain with **PERSPECTIVE**.
3. God helps us through the mountain with **PRESENCE**.

**You:**

1. **IDENTIFY** the mountain.
2. **CLARIFY** how to face it.
3. **REMEMBER** God's help.

#### Discussion Questions

5. How has God been faithful to you in past mountains you've faced?
6. Right now, what mountains seem too high to climb in your life?
7. How do you plan on facing it? Going over, around, or through the mountain?
8. Depending on your mountain, ask for God's perseverance, perspective, or presence.

#### Resources

- *My Soul Finds Rest*, by Dietrich Bonhoeffer
- *Life Lessons from Psalms*, by Max Lucado
- *The Songs of Jesus: A Year of Daily Devotions in the Psalms*, by Timothy Keller

NIV (New International Version)