

# Lesson 31

## Psalm 121:1–3, 5–8 (writer unknown)

- <sup>1</sup>I look up to the mountains.  
Where does my help come from?
- <sup>2</sup>My help comes from the Lord.  
He is the Maker of heaven and earth.
- <sup>3</sup>He won't let your foot slip.  
He who watches over you won't get tired.  
...
- <sup>5</sup>The Lord watches over you.  
The Lord is like a shade tree at your right hand.
- <sup>6</sup>The sun won't harm you during the day.  
The moon won't harm you during the night.
- <sup>7</sup>The Lord will keep you from every kind of harm.  
He will watch over your life.
- <sup>8</sup>The Lord will watch over your life no matter where you go,  
both now and forever.

## Questions

- 1 When you look up to the mountains, what should you remember? When I look up to the mountains, I should remember that my \_\_\_\_\_ comes from the Lord. (Ps. 121:1–2)
- 2 Will the Lord ever get tired watching over you? (Yes/No) \_\_\_\_\_. The Lord \_\_\_\_\_ get tired watching over me. (Ps. 121:3)
- 3 What is the Lord like as He watches over you? The Lord is like a \_\_\_\_\_ at my right hand. The \_\_\_\_\_ won't \_\_\_\_\_ me during the \_\_\_\_\_ and the \_\_\_\_\_ won't harm me during the \_\_\_\_\_. (Ps. 121:5–6)
- 4 Will the Lord always watch over your life? The Lord will always watch over my life no matter where I \_\_\_\_\_, both \_\_\_\_\_ and \_\_\_\_\_. (Ps. 121:8)

## Psalm 123:1–2 (writer unknown)

- <sup>1</sup>I look up and pray to You.  
Your throne is in heaven.

<sup>2</sup>Slaves depend on their masters.

A female slave depends on the woman she works for.

In the same way, we depend on the Lord our God.

We wait for Him to have mercy on us.

### Questions

- 5 How are you to depend on the Lord? I am to depend on the Lord like \_\_\_\_\_ depend on their \_\_\_\_\_, and like a \_\_\_\_\_ slave depends on the \_\_\_\_\_ she works for.  
(Ps. 123:2)
- 6 What are you called to do then? I am called to \_\_\_\_\_ for the Lord to have \_\_\_\_\_ on me.  
(Ps. 123:2)

### Psalm 124:6–8 (writer unknown)

<sup>6</sup>Give praise to the Lord.

He has not let our enemies chew us up.

<sup>7</sup>We have escaped like a bird

from a hunter's trap.

The trap has been broken,

and we have escaped.

<sup>8</sup>Our help comes from the Lord.

He is the Maker of heaven and earth.

### Questions

- 7 Where does your help come from? My help comes from the \_\_\_\_\_. (Ps. 124:8)
- 8 What truth should you keep in mind when you look to the Lord for help? When I look to the Lord for help, I should remember that the Lord is the \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_.  
(Ps. 124:8)

### Psalm 125:1–2 (writer unknown)

<sup>1</sup>Those who trust in the Lord are like Mount Zion.

They will always be secure. They will last forever.

<sup>2</sup>Like the mountains around Jerusalem,

the Lord is all around His people

both now and forever.

### Questions

- 9 What are you like when you trust in the Lord? When I trust in the Lord, I am like \_\_\_\_\_

Zion. I will \_\_\_\_\_ be \_\_\_\_\_ and will last \_\_\_\_\_. (Ps. 125:1)

- 10 When you look up to the mountains, what should you remember? When I look up to the mountains, I should remember that the Lord is \_\_\_\_\_ me like the mountains are around Jerusalem. (Ps. 125:2)

### Psalm 127:1–3 (writer unknown)

<sup>1</sup>If the Lord doesn't build a house,  
the work of the builders is useless.  
If the Lord doesn't watch over a city,  
it's useless for those on guard duty to stand watch over it.  
<sup>2</sup>It's useless for you to work from early morning  
until late at night  
just to get food to eat.  
God provides for those He loves even while they sleep.  
<sup>3</sup>Children are a gift from the Lord.  
They are a reward from Him.

### Questions

- 11 Is it useless for someone to build their house (their life) without the Lord? (Yes/No) \_\_\_\_\_. It is \_\_\_\_\_ for someone to build their life without the \_\_\_\_\_. (Ps. 127:1)
- 12 Is it useless for someone to stand guard over their city (their life) if the Lord doesn't watch over it? (Yes/No) \_\_\_\_\_. It is \_\_\_\_\_ for someone to stand guard over their life if the Lord \_\_\_\_\_ watch over it. (Ps. 127:1)
- 13 Is it useless for someone to work from early morning until late at night just to get food? (Yes/No) \_\_\_\_\_. Why? It is useless for someone to work from early morning until late at night just to get food because God \_\_\_\_\_ for those He loves even while they are \_\_\_\_\_ **ing**. (Ps. 127:2)
- 14 What are children? Children are a \_\_\_\_\_ from the Lord. They are a \_\_\_\_\_ from Him. (Ps. 127:3)

### Psalm 128:1–2 (writer unknown)

<sup>1</sup>Blessed are all those who have respect for the Lord.  
They live as He wants them to live.  
<sup>2</sup>Your work will give you what you need.  
Blessings and good things will come to you.

**Questions**

- 15 How do you show that you have respect for the Lord? I show that I have respect for the Lord by \_\_\_\_\_ **ing** as He \_\_\_\_\_ me to \_\_\_\_\_. (Ps. 128:1)
- 16 How will the Lord bless you if you live as He wants you to live? If I live as the Lord wants me to live, my \_\_\_\_\_ will give me what I \_\_\_\_\_, and blessings and \_\_\_\_\_ things will come to me. (Ps. 128:1-2)

**Psalm 130:5-7 (writer unknown)**

<sup>5</sup>With all my heart I wait for the Lord to help me.  
 I put my hope in His Word.  
<sup>6</sup>I wait for the Lord to help me.  
 I want His help more than night watchmen want the morning to come.  
 I'll say it again.  
 I want His help more than night watchmen want the morning to come.  
<sup>7</sup>Israel, put your hope in the Lord,  
 because the Lord's love never fails.  
 He sets His people completely free.

**Questions**

- 17 How should you wait for the Lord to help you? I should wait with \_\_\_\_\_ my \_\_\_\_\_ for the Lord to help me. I should put my \_\_\_\_\_ in His \_\_\_\_\_. (Ps. 130:5)
- 18 How much should you want the Lord's help? I should want the Lord's help \_\_\_\_\_ than \_\_\_\_\_ want the \_\_\_\_\_ to come. (Ps. 130:6-7)

How did the Holy Spirit speak to you this week as you studied these Bible verses? In other words, what did you learn this week from reading God's Word?

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