



**Riverstone**  
BAPTIST CHURCH

## **Sermon Based Questions**

Date- Sunday 16<sup>th</sup> September 2018

Series- Songs of prayer & praise 4

### **Where does my help come from?**

*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. (Psalm 121:1-2)*

**1. The Lord watches over you. (Psalm 121)**

**2. Why are you so afraid. (Mark 4:35-42)**

### **A. Examining the texts.**

1. Read Psalm 121:1-4. What role do you think that this Psalm has in the context of Israel's worship? What do we learn about the nature of God in these verses?
2. Read Psalm 121:5-8. What do these verses say about the nature of God? Who is he and what does he do for Israel?
3. Read Mark 4:35-41. According to our understanding of verse one in Psalm 121- how are the disciples in this passage (Mark 4), "lifting their eyes to the hills?"
4. Ironically this story from Mark finds Jesus slumbering and sleeping and yet nevertheless how does he like the Lord in the Psalm prove himself to be watching over the disciples?

### **B. Meditation & application**

5. What makes you anxious (lift your eyes to the hills)? Does this Psalm offer you any comfort amidst your fears?
6. What do you think is the point of the Psalm in the community of faith? What is it seeking to remind us of and help us do?
7. What experiences have you had where it has felt like the Lord has been asleep and slumbering when you need him most? What light does the Jesus event shed on this?
8. What are you afraid of? What do these passages reveal about how God wants to meet your needs and invite you to embrace faith?

*Prayer: Heavenly Father; We thank you so much for watching over us. Thanks for caring and being committed to our redemption. Give us eyes to see who you are- particularly when anxiety and fear overwhelms us. In Jesus Name; Amen.*