

Sunday AM Sermon – August 9, 2026

Where Does My Help Come From?

Psalm 121



Asking for help can be hard for many of us, but in our heart of hearts, most of us long for someone to provide much needed assistance. To find that kind of Helper, we must look in the right direction. That's what the psalmist did.



1. Mark the number of times you hear these words:

Help(er) –

Hills –

Psalmist –

2. What is faith?

3. What is a song of ascent?

4. Lesson one: _____ the _____ who can _____ you (1-2)

5. Why might we be apt to forget who our Father is?

6. What does Ezer mean?

7. Lesson two: Be _____ that the Lord is always on _____ (3-6)

8. Why is sleep so important?

9. What is unique about Yahweh compared to the idols of other nations?

10. What enables us to rest at night?

11. Lesson three: Be _____ because even when you're _____, you won't be _____ (7-8)

12. As God's handiwork, what are we created to do?

13. What stands out to about the Hebrew writer's examples of faith?

14. What did Jesus did Jesus pray for and promise to send?



Faith Talk, Faith Walk

Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon

Faith Talk: Where do you turn when you need help? How will this lesson affect that?

Faith Walk: In every circumstance in life look to the One Helper who can truly help.

If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!

Next Sunday AM Sermon – Overwhelmed and OK (Psalm 124)