“For every man on every occasion can find in it Psalms which fit his needs, which he feels to be as appropriate as if they had been set there just for his sake.” -Martin Luther

“The human heart is like a ship on a stormy sea driven about by winds blowing from all four corners of heaven. The Book of Psalms is full of heartfelt utterances made during storms of this kind. Where can one find nobler words to express joy than in the Psalms of praise or gratitude? In them you can see into the hearts of saints as if you were looking at a lovely pleasure-garden, or were gazing into heaven. How fair and charming and delightful and the flowers you will find there.” -Martin Luther

THE PSALMS
Book 1: Psalms 1—41
Book 2: Psalms 42—72
Book 3: Psalms 73—89
Book 4: Psalms 90—106
Book 5: Psalms 107—150

PARALLELISM

Synonymous Parallelism
The second line repeats the first

Antithetical Parallelism
The second line contrasts with the first

Synthetic Parallelism
The second line adds to the first

Emblematic Parallelism
The figure of speech is explained in the second line.

Alternate Parallelism
The 3rd line repeats the 1st and the 2nd line repeats the 4th

Chiastic Parallelism
The 1st and 2nd lines are reversed in the 3rd and 4th

PSALM 121

Trust in the Lord

1) The Psalmist’s Confidence that the Lord can be Trusted
Psalm 19 ESV

2) The Teacher’s Confirmation that the Lord can be Trusted
Romans 8:35-39 ESV
DISCUSSION QUESTIONS

KIDS

*Read Psalm 121 together as a family.*

1. What’s the first question the Psalm writer asks? Tell about a time you needed help.

2. Where does the Psalm writer say he found help?

3. What are some of the ways this Psalm shows that God protects us?

4. How do you need God’s help or protection today?

5. What does it mean that God ‘keeps’ you?

*Extra Kids Content*

- Psalm 121 memorization video
- Preschool Worship Song: Jesus By My Side
- Elementary Worship Song: Wherever I Go
- Coloring Page

STUDENTS

1. What are three characteristics of God that you see in this passage?

2. What are some things or people (other than God) that you have placed your trust in?

3. Why is it important to put our trust in God?