

### Ice Breaker (in groups of 2 or 3 for larger groups)

What is your favorite Christmas tradition?

### Talk About it!

## Part 1

Read Psalm 121:1-2

### Discuss:

Are there any mountains that you are currently facing? Where are your eyes?

## Part 2

### Discuss:

- A. The psalmist asks the question, "Where does my help come from?" Have you ever had difficulty receiving help or admitting that you need help?
- B. What's an easy place for you to get help? Share with the group.

## Part 3

### Discuss:

The psalmist says, "My help comes from the Lord." Think about the past week. How has the Lord helped you? Share it with the group, whether it's big or small!

## Part 4

Read the following scriptures:

- Psalm 121:3
- Psalm 94:18-19
- John 16:33

### Discuss:

Through foot-slipping moments in your life, what have you learned about God?

## Part 5

Read Psalm 123:4

**Discuss:**

- A. Have you ever fallen asleep on the job or known of a situation where someone fell asleep when they weren't supposed to? What happened?
- B. How does knowing that God will neither slumber nor sleep affect you?

## Part 6

Read Psalm 121:5-6 and 2 Chronicles 16:9

**Discuss:**

- A. What does it mean that the Lord is our shade?
- B. How are you encouraged by these verses?

## Part 7

Read Psalm 121:7-8

**Discuss:**

- A. Sometimes we think we are saved by faith but kept by our own good choices or good behavior. Why is it so tempting to rely on ourselves instead of the grace of God?
- B. How do we posture ourselves in faith instead of in works?

## Part 8

Pray for one another.