



Psalms of Forgiveness

Cal Heights UMC

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Trusting in Forgiveness

“I lift my eyes up unto the mountains. From whence does my help come?”



Psalm 121 is what we call a “song of ascents.” That is to say it is a marching song as pilgrims made their way towards Jerusalem and up the steps to the Temple of God. It may have resonated with the people as they made their way to the Holy City for Passover or any number of festivals and celebrations. Imagine walking your way through the dusty desert path to eventually look upon the sight you see above! What a blessing as you sing the song of trust in God’s faithfulness—trust in God’s amazing, forgiving grace!

Opening Prayer: (Unison) by Michelle Kendricks

Lord, help us to lift our eyes up to you that we would look to you for help and strength. When we focus our eyes on ourselves or on the comforts of this world, draw our eyes back to you. Even as we grow weary, Lord, we know that you do not. Sometimes the help you offer us is an invitation to rest. Too often we refuse this gift saying, "There is no time!" May we not forget that like the heaven and the earth, time is also your creation. Bless our time together that we may be strengthened by our fellowship with one another and with you. Amen.

Read Psalm 121 below:

Assurance of God's Protection

A Song of Ascents.

¹ I lift up my eyes to the hills—
from where will my help come?

² My help comes from the Lord,
who made **heaven and earth**.

³ He will not let your foot be moved;
he who **keeps** you will not slumber.

⁴ He who **keeps** Israel
will **neither slumber nor sleep**.

⁵ The Lord is your **keeper**;
the Lord is your shade at your right hand.

⁶ The **sun shall not strike you by day,**
nor the moon by night.

⁷ The Lord will **keep** you from all evil;
he will **keep** your life.

⁸ The Lord will **keep**
your going out and your coming in
from **this time on and forevermore**.

[The Holy Bible: New Revised Standard Version](#). (1989). (Ps 121:title-8).
Nashville: Thomas Nelson Publishers.

Opening Questions:

1) Whom do you trust in your life? What makes you trust them?

- 2) Are there things you wouldn't trust that person to do or care for?

- 3) What about God? Are there things that you don't trust God to take care of? What are those things? List them below:

- 4) What is the difference between the person you trust and God?

- 5) What does the Psalmist say in Psalm 121 about trusting in God?

- 6) Why do you think the Psalmist trusts God?

- 7) In what situations do you think the Psalmist places their trust in God?

- 8) What do you believe needs to happen for you to trust more fully in God?

Closing Prayer: (Unison) by Michelle Hendricks

Lord, you are always with us, and all of our circumstances are under your control and authority. When the sun seems too hot please lead us to the shade you offer. When the nighttime seems too dark, help us find the light by which you guide us. You protect our soul and our eternity belongs to you. You were I AM before us and you will be I AM after we are no longer here. There is nowhere we can go that you are not. Help us to trust. Help us to be faithful. Help us to truly know you. In the entirety of our lives and the briefness of our moments; in our living and our dying; in our joy and our sorrow; in scarcity and abundance may we always lift our eyes to you, O Lord. Amen.