

Message Notes, Scripture, & Questions
can also be found on the
YouVersion Bible App under Events.



Digging Deeper: Group Questions & Personal Reflection

1. We memorized Psalm 121:1-2 at church on Sunday. Before anyone looks it up... can you quote those verses together? Help each other out.
2. Why do we gravitate towards self-help in life? Who will confess to being a self-help junkie? What are the advantages and disadvantages of this?
3. The sermon drew a distinction between positive self-help and other situations that are beyond us. Is anyone in your group currently in a situation that is beyond your own solutions? Please share.
4. The Psalmist indicated that he looked upward while asking for a source of help. What has this world recommended you should look toward for help? Did it work?
5. 'God, King of the Universe – my helper'. Why should this truth illicit wonder in us? Explain.