

All Church Retreat Seminar: Help for the Overwhelmed
Psalm 121

Key Idea - Yahweh your Keeper is your only source of real help

1. Yahweh our Keeper is powerful

a. God is _____

b. God is _____

2. Yahweh our Keeper watches over you

3. Yahweh our Keeper is near

4. Yahweh our Keeper carries you to the end

Application Questions:

- What stood out to you about this Psalm or the Lord as your Keeper?
- When do you typically feel overwhelmed?
- What am I tempted to find my comfort/help in?
- How can I call out to the Lord for help?

Homework:

In this seminar, we discussed what **merism** is and reflected on it in verse 2 “Maker of heaven and earth” - take some time this weekend to either look out at creation around you and write your own merism - or meditate further on the other merisms mentioned in this Psalm, in verses 6 & 8.

How does this help expand your view of what is being contrasted?

How does meditating on this merism help you treasure Christ?