



**Community Group Study: Our Help is in the Name of the Lord**  
Pilgrim Songs - Part 4 | Psalm 124 | week of June 25

**GETTING STARTED**

- When have you survived danger (either physical or spiritual) through the Lord's help?
- In what ways do you feel the Lord has not helped you or rescued you? What do you wish God would do in these situations?

**Read Psalm 124.**

**DISCUSSION & APPLICATION**

- What words from the psalm depict the strength of the attack or adversity the psalmist - and Israel - had to endure?
- What would have happened had the Lord not rescued them?
- Gnashing teeth, raging floods and treacherous snares - these are the psalmist's reality. How are they a part of the reality you are facing? (Consider any challenge or adversity you are facing that threatens your faith.)

- When adversity comes in your life, what is your default initial response?
- What can you do to condition yourself to look to help from the Lord first when adversity comes?
- How does your history with the Lord give you hope that he will deliver you safely through danger?
- The last verse of the psalm proclaims that “Our help is in the name of the Lord, the maker of heaven and earth.” How is your trust in God affected by the knowledge that he is the Creator of all?
- How can we have the confidence that the Lord will remain “on our side” (vv. 1-2)?

#### **NEXT STEPS**

- Meditate upon Romans 8, focusing especially upon (even memorizing) verses 1, 31, 35, and 37-39. Write a prayer asking God to forgive you for your unbelief - your failure to trust, in adversity, that is he always and forever on your side. Ask him to increase your faith that your help is in his name (Psa 124:8).