

Sermon Series: The Pilgrim's Progress
"Ascending the Delectable Mountains"
by Rev. John C. Tittle

Scripture Reading: *Psalm 121, A Song of Ascents*, TANAKH

- ¹ I turn my eyes to the mountains; from where will my help come?
- ² My help comes from the Lord, maker of heaven and earth.
- ³ He will not let your foot give way; your guardian will not slumber;
- ⁴ See, the guardian of Israel neither slumbers nor sleeps!
- ⁵ The Lord is your guardian, the Lord is your protection at your right hand.
- ⁶ By day the sun will not strike you, nor the moon by night.
- ⁷ The Lord will guard you from all harm; He will guard your life.
- ⁸ The Lord will guard your going and coming now and forever.

Discussion Questions:

1. What words or images jump out at you from this psalm?
2. Have you ever gone on a pilgrimage before?
3. What interests you most about the background of this psalm?
 - a. It's a pilgrimage song, a "Song of Ascents"
 - b. Jews often recite Psalm 121 the way that we Christians recite Psalm 23
 - c. Psalms 120-134 are psalms that were likely recited on a pilgrimage to a Jewish feast such as Passover.
 - d. The word "guard" is mentioned six times in this eight-verse psalm.
4. What do mountains symbolize to you?
5. This psalm says that God neither slumbers nor sleeps, yet other psalms mention awakening God from his slumber. How do you reconcile both these images in the psalms?
6. When was a time you felt like God was your guardian?
7. This psalm says that God will protect us from all evil and harm, yet bad things happen to all people—good and bad alike. How do we reconcile this Scripture with our experience?
8. How does this psalm comfort you for the uncertainty of life in 2020?
9. Spend some time giving thanks to God for his constant and kind presence and protection.