

# Lament... to Ascent – Psalms

## [Psalm 124](#)

"God Our Help" – June 14, 2020

### **Introduction**

When you experience crisis where do you go? Psalm 124 is a song of ascent, a psalm the people of God would sing as they traveled to Jerusalem to worship. Psalms of ascent give us pictures of what it looks like to thank God in the midst of trouble. These Psalms reaffirm a confidence in the saving power of God to redeem and to transform all things.

### **Pray**

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

### **Sermon Outline**

- I. The Power of God's Presence ([124:1-7](#))
- II. We Should Praise Our God Who Is Both Creator & Savior ([124:8](#))

### **Read & Discuss**

- 1) Read [124:1-7](#)

God keeps his promises. We've been reminded over and over throughout the Psalms that God is our refuge. This should give us great confidence as it gave Israel in Psalm 124 as they marched up the hills to worship their deliverer. God has been at work since the beginning to bring His people back together with Him in perfect peace. Repentance and faith is the key to being on God's side. When, by God's grace, we turn from our rebellion to trust in Christ, we go from being God's enemies (Rom. 5:10) to His friends - to being on His side!

Things can come along and catch us by surprise and everything in this world can be stripped away, but not our eternal safety. When the world falls apart, we need a great helper. What do you turn to in times of trouble? Whose strength can you rely on? What did Israel say in Psalm 124? The Lord is the one who lifts us up, who binds our wounds. We must to rely on our God day by day with the overwhelming news that can come our way every day. Remember: God is still on His throne. He is not surprised by any of this. Thank God that He still reigns supreme. We have a great confidence that He is already victorious.

Additional Reading: [Deuteronomy 7:6-8](#), [Numbers 23:19](#), [1 Peter 2:9](#), [2 Corinthians 5:21](#)

2) Read [Psalm 124:8](#)

God deserves our praise. When is the last time that you praised and thanked God for His great salvation? It's important for God's people to remember and recall God's power. The power of His name is so powerful that satanic forces flee and tremble. Calling on the name of the Lord is not about just speaking His name. Calling on the name of the Lord is based upon the relationship you have with the Lord. It's being in consistent relationship with the God of the universe who gave His Son for us. If you say that God is your God, give thanks today. All authority under heaven and earth is His. God is the one who will save and protect His people. Rest in His presence this week.

Additional Reading: [Romans 8:31](#)

### **Prayer of Response**

- 1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?
- 2) How should my life be lived this week based on what I have heard? What should I *understand, believe, desire, or do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to come.

If you missed the sermon on Sunday or would like to listen again, visit our website at <https://fbcum.org/sermons-new/>

<b>*Next week's sermon text:</b> we turn to <b>Psalm 126 "God Our Joy."</b>
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