

Psalm of Ascents 124 “Help in the Lord”
Psalm 124:1-8
Feb 2, 2025

Psalm 124

- 1 If it had not been the Lord who was on our side—
let Israel now say—
- 2 if it had not been the Lord who was on our side
when people rose up against us,
- 3 then they would have swallowed us up alive,
when their anger was kindled against us;
- 4 then the flood would have swept us away,
the torrent would have gone over us;
- 5 then over us would have gone
the raging waters.
- 6 Blessed be the Lord,
who has not given us
as prey to their teeth!
- 7 We have escaped like a bird
from the snare of the fowlers;
the snare is broken,
and we have escaped!
- 8 Our help is in the name of the Lord,
who made heaven and earth.

God often takes us through not around.

Feeling helpless isn't an experience we enjoy.

Mark 10:35-45

35 And James and John, the sons of Zebedee, came up to him and said to him, “Teacher, we want you to do for us whatever we ask of you.” 36 And he said to them, “What do you want me to do for you?” 37 And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” 38 Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” 39 And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink, and with the baptism with which I am baptized, you will be baptized, 40 but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” 41 And when the ten heard it, they began to be indignant at James and John. 42 And Jesus called them to him and said to them, “You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. 43 But it shall not be so among you. But whoever would be great among you must be your servant,[d] 44 and whoever would be first among you must be slave[e] of all. 45 For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

Ransom.

The worst kind of trouble is the one you are unaware of.

Hebrews 2:14-15

14 Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, 15 and deliver all those who through fear of death were subject to lifelong slavery.

Romans 10:11-13

11 For the Scripture says, "Everyone who believes in him will not be put to shame."
12 For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. 13 For "everyone who calls on the name of the Lord will be saved."

Romans 8:31-37

31 What then shall we say to these things? If God is for us, who can be[i] against us?
32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.[j]
35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written,
"For your sake we are being killed all the day long;
we are regarded as sheep to be slaughtered."
37 No, in all these things we are more than conquerors through him who loved us.

We can trust God to help us in everything, for He has already given what we most need: Jesus.

Life Group Discussion Questions

- What did God say to you through His Word during our Sunday gathering?
- What was something really difficult you went through that you wish you could have avoided? Where there moments you could see God's hand at work?
- Why do some people recall a difficult experience and say, "But I am glad I went through that?"
- How can looking back on God's grace in the past give us faith for the present and the future?
- Read Mark 10:35-45. What are the disciples wanting? How does Jesus try to change their expectations and their pursuit of glory? How can we be like the disciples?
- How might being served by Jesus create a priority of service in your life towards others? In what specific ways are you offering help to others?

- What is the significance of the communal language in this passage? Why is it important for us to remember God's purposes for His people as a whole and not just for us individually?
- How can your Life Group *help* you this week?