

KEEP THIS ON REPEAT



WEEK 3

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

Results require repetition. If we've said it once, we've said it a dozen times so far in this series. And in the Psalms, the Songs of Ascents is a road trip playlist sung by Israelites during pilgrimage journeys to Israel. They needed these songs as a repeated reminder of where they could find unending hope.

1 Most all of us have been on a road trip of some kind. What do you do to pass the time? What do you listen to - music or audiobooks? Podcasts or playlists? Are there any songs that, as soon as you hear them, remind you of specific trips?

2 **Read Ps 121:1-2.** Any Israelite who heard this song would immediately think of the journey to Jerusalem. And on their way they'd see idols and shrines to other gods (usually on mountains, hilltops, and high places). What kinds of "gods" do people turn to today for help and hope? Follow up: Finish this sentence, "When God takes second place in my life, it's usually to..."

3 **Read Ps 121:3-4.** These verses have been described as comparing God to Baal, a popular god in Biblical times who was known for debauchery and long, demigod hangovers (Seriously!). The verse helps to show how anything other than God will fall short in providing unending hope. From all the "gods" your group just listed, how do they ultimately disappoint? How have you experienced that disappointment?

4 **Read Ps 121:5-6.** Taylor said, **Hope trusts and expects the fulfillment of God's promises.** Whether we're oppressed by the sun (which represents physical turmoil, disease, and earthly oppression) or by the moon (which represents emotional turmoil, mental anguish or depression) God says he will be with us. Right now, is the "sun" or "moon" more oppressive in your life? What does it look like to have hope during painful or trying seasons? *(To see a NT parallel, look at Revelation 21:23)*

5 **Read Ps 121:7-8.** The Psalm finishes with the phrase, "both now and forevermore." That phrase is repeated throughout the Psalms. If we're willing to have hope that God will eternally be faithful, how does our hope in "forevermore" affect our life "now"? *(To see a fulfillment of God keeping us from all harm, look at Revelation 21:4-5)*

ACTION STEP Use the Psalms to fuel your hope this week. Download the reading guide at thehills.org/KTORRepeat and follow along. This week, take steps to live right now with a view of forevermore. Set three alarms to go off during your day, and when they do, stop and pray a prayer of hope: "God, you are the source of my hope. Reveal to me the competing gods in my life. Instill in me an abiding trust in You, because You've promised to guard me both now and forevermore."