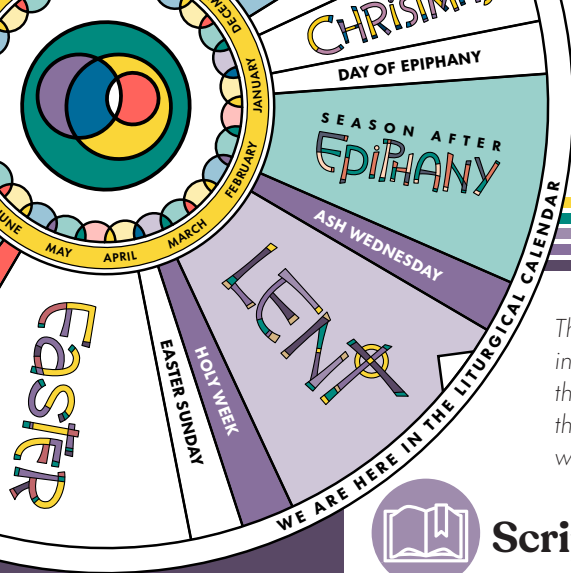


# Psalms 121

Second Sunday in Lent



YEAR A

The Season of Lent is a period of 40 days, begins on Ash Wednesday, and is a period of introspection and reflection on the life, ministry, and teachings of Jesus. Episcopal author and theologian Barbara Brown Taylor says that Lent is a "springtime for the soul...Forty days to cleanse the system and open the eyes to what remains when all comfort is gone. Forty days to remember what it is like to live by the grace of God alone and not by what we can supply for ourselves."



## Scripture

I lift up my eyes to the hills—  
from where will my help come?  
My help comes from God,  
who made heaven and earth.  
God will not let your foot be moved;  
God who keeps you will not slumber.  
The Guardian who keeps Israel  
will neither slumber nor sleep.

God is your Guardian;  
God is your shade at your right hand.  
The sun shall not strike you by day  
nor the moon by night.  
God will keep you from all evil;  
God will keep your life.  
God will keep  
your going out and your coming in  
from this time on and forevermore.



## Questions

- Today is the second Sunday in Lent, when we remember and follow Jesus to the cross and the empty tomb. In this week's scripture, what did you notice about how God helps?
- Psalm 121 is part of a collection of psalms God's people sang on their journeys. What songs do you like to sing on a trip? Can you teach the group how to sing one together?
- In our reading, God's people are crying out for help. Tell the story of a time when you needed help. How did you ask for, and receive, the help you needed?
- The characters in today's story are on a journey, facing challenges as well as joys. Tell the group about a trip you've taken where you faced a challenge.
- What are some ways you can remind yourself God is near when things are hard?

### Look it Up!

Throughout history, people have traveled the world; they've even gone into space!  
As a group, look up how people traveled during Jesus' time period. What are some of the new inventions being created today to help people travel?



mini  
REVOLUTIONS





## Activity

### Materials:

Marshmallows (or apples cut into cubes)      Toothpicks  
Paper plates or paper towels

This psalm talks about how God helps the writer of the psalm and all of us. The psalmist writes about how God protects us from evil and from harm and never sleeps. God supports and helps us because God loves us. There are people in our lives who love us too, and they also show love by helping and supporting us when we need it. The way they care and build us up helps us feel safe and strong.

In today's activity, we're going to demonstrate how help and support allow us to grow and be strong—we'll have some fun at the same time! Give each person a small pile of toothpicks and a small pile of marshmallows. Talk together about people in your lives who support and help you, and share what that support and help look like. Explain that each marshmallow represents one person who supports you or a way you are supported. Put a marshmallow on the end of each toothpick. Then, connect the toothpicks, so they build a structure. Notice how the marshmallows hold the toothpicks together and support the structure as it grows larger.

Once everyone has had a chance to build a structure, see if you can combine your structures together to make something even bigger. Share with each other who you were thinking of as you built your structures and how it feels to know they're supporting you. Then, make the connection that God loves and helps us in ways similar to the people you have named and maybe even through the people you have named. Talk about how it might feel to remember God loves and helps us in hard times.

## Activity Adaptation

### Materials:

Jumbo marshmallows      Straws (or wooden skewers)

Talk together about how life is a journey, and we are helped along the way by various people. Sometimes we receive help in big ways, and other times in small ways. Every day we receive help from people who love us. As a group, talk through an average day. Think about everything that happens and identify moments when help is needed and given. For each moment of help, use a jumbo marshmallow to attach straws together, building a structure as you go. See how big a structure you can make. Then, have everyone share some of the people who help them and how it feels to know they are supported by those people and by God.



## Micropractice

When David prayed, he looked at the mountains. Do you live near a mountain, field, or stream? Do you see streets and buildings? Identify the beauty where you live. Where do you "lift up your eyes" when you want to focus on God?



Download a graphic to share with your community and on social media. You can download it here: [illustratedministry.com/minirevALent2](https://illustratedministry.com/minirevALent2)

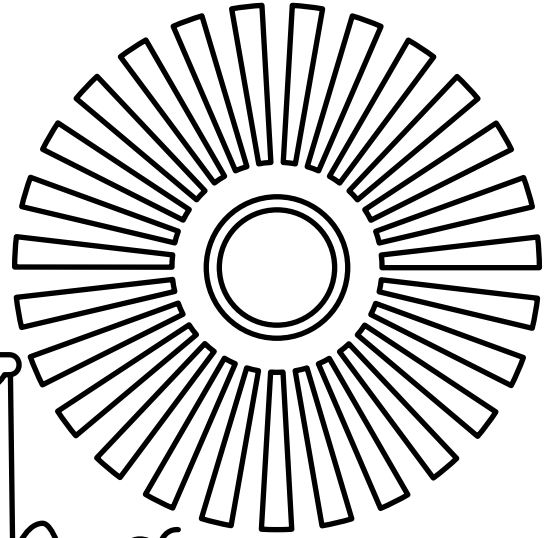


## Prayer

Loving God, thank you for always being there for us, for supporting and helping us, and for giving us people in our lives who love and support us as well. Amen.

I LIFT UP MY

EYES



to the

HEAVENS

FROM WHERE

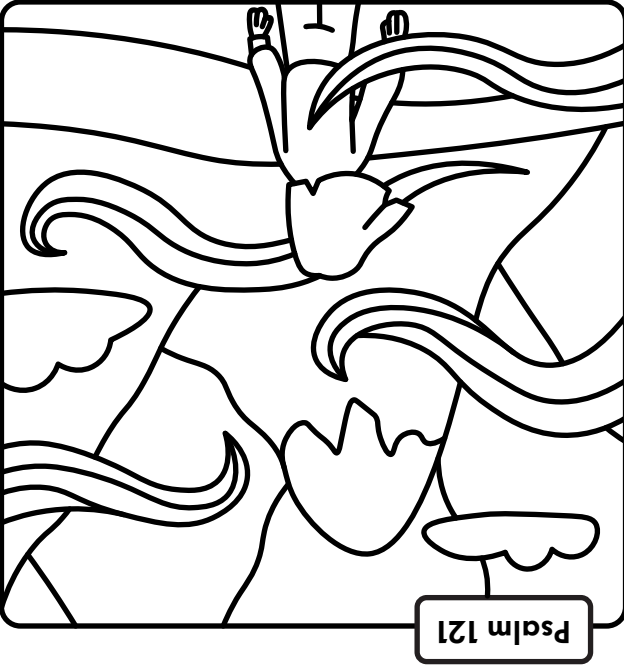
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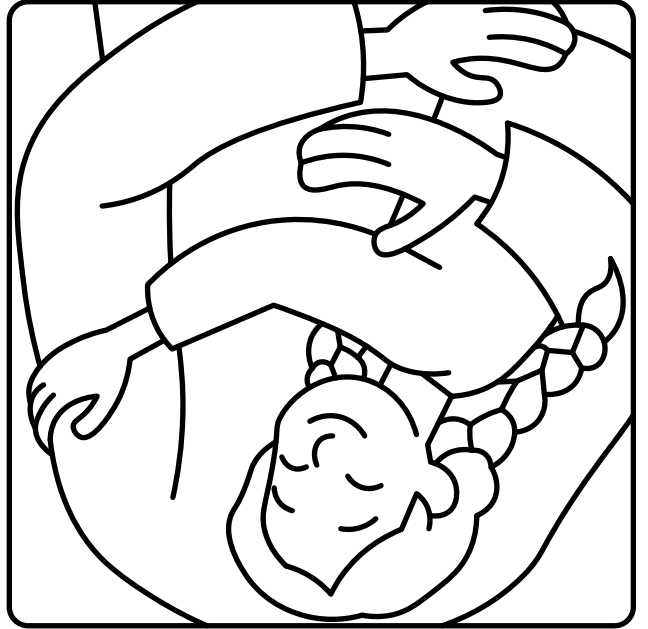
from the

LORD

1. This poem is from the Psalms, a book of songs in the Bible. It goes like this: I look up at the hills and think, "Who will help me?" I remember my help comes from God, who made heaven and earth.



4. God will watch over you and give you life, guarding and protecting you forever and ever.



2. God will keep you steady and will always protect you. God will not get tired of keeping you safe.



3. God is your shield and defender. When the sun is hot, and the moon is bright, God will shade you.