

## ASCEND

Recall a sudden situation where you needed help, perhaps an event so dangerous you audibly cried, "HELP!" What happened?

Read ***Psalm 124***. What's repeated for emphasis? Why?

Review and describe 2 or 3 basics we've been learning about Psalms of Ascent.

***Psalm 124*** shares this ascend-strong, faith-building foothold:  
*Creative help amidst horrific danger.*

What are the unique images of horrific danger presented in Ascent 124?

What impresses you about God's character, something you're remembering or perhaps encountering for the first time?

Why are such traits and qualities capable of helping you when facing dangers and enemies?

What tend to be our fall-short, go-to helps, instead of the LORD? Why are the LORD and his people our best sources?

Reflect on these "Helps for engaging God's help." Which one(s) might prove most helpful?

- Be humble enough to cry out, "Help me, Jesus! \_\_\_\_\_!"
- Be selfless enough to cry out, "Help me help others, Jesus! \_\_\_\_\_!"
- Be authentic/transparent with others about needing help in the coming year.

What will it take for you to embody ***Hebrews 13:6*** with all your soul in 2026?

**Get Ready for Next Week!**

Read ***Psalm 125***.