

## **Family Fellowship, Week Beginning 23<sup>rd</sup> March**

This week we're continuing to having to adjust to ever-changing circumstances. This week's sermon was on Psalm 121 – hopefully you managed to watch that, if not, it's on our Facebook page, and from what I'm told you don't necessarily need an account to watch it.

I am praying God blesses this to your hearts and minds. You'll also notice that the 'read' section is the same every day, the whole of Psalm 121. It's not long at all – maybe you could take turns reading it from day to day.

Every day Family Fellowship will reiterate Psalm 121:2: *My help comes from the Lord, who made heaven and earth.* It might be worth for everyone to try to all learn that by heart – shouldn't be hard.

Scott

## MONDAY 23<sup>RD</sup> MARCH

**Read:** Psalm 121

**Chat:** The Psalm we have just read was written to be read on a journey – a scary journey. Back in the Old Testament, when some of God’s people wanted to make a journey to go to their version of church, it was a really dangerous and scary thing to do. There were bandits who could have robbed travellers, and sometimes even killed them! There were wild animals that could hurt them! To make this journey would have been scary.

To make the journey of life is sometimes scary too. The world can be a scary and sad place. We’ve seen that this last week. What has changed for you in the last week that was sad or scary? (*Take answers*) Those are (sad/scary things), aren’t they? It’s sad to not be allowed to go to school or see some of our friends, family or loved ones. It’s scary to not be in control of things at all!

If there is one thing to know this week it is this: we have a need for help. Do you think that is a good thing or a bad thing? (*Take answers – why?*) There is good news, while we have a need for help, we are going to learn this week what Ps 121 tells us in v2.

*My help comes from the Lord, who made heaven and earth.*

What do you think about that? (*Take answers*)

**Pray:** Tell God what you are finding scary or sad right now. Ask him to help you and thank him that he will.

## TUESDAY 24<sup>TH</sup> MARCH

**Read:** Psalm 121

**Chat:** This week we are learning that we have a need for help. While it's sad to be in a position where we might be scared, who promise to help us? (*Take answers*) Yes, God. Psalm 121: *My help comes from the Lord, who made heaven and earth.*

Today let's think about our biggest problem and our biggest need. Do you know what the biggest problem in our lives is? (*Take answers*) The biggest problem in our lives is sin. Sin is all the wrong things we do and it's all the good things we don't do. We all sin every day. And sin is a problem because it means we can not come near God.

Robin said something on Sunday – he said sin is a little bit like the coronavirus. Do you know the way that because of the coronavirus we can't meet together as a church, we can't go to school and we can't see some of our loved ones because we can't come into contact with others? That's what sin does between us and God. It means we can't go to him.

If we are sinful, how can we say Psalm 121:2 *My help comes from the Lord, who made heaven and earth?* (*Take answers*) The answer is this: Jesus! Jesus lived a life of perfection – no sin at all – and he died on our behalf so that if we love Jesus and believe in him, he shares his perfection with us. He forgives and heals us of all of our sins and allows us to go to God – always and forever! We can know we can always be part of God's family and go to him in our times of need of help because of Jesus.

**Pray:** Thank Jesus that he has taken care of our sin problem. Thank him that he helps us always. Pray for your loved ones who don't yet love Jesus.

## WEDNESDAY 25<sup>TH</sup> MARCH

**Read:** Psalm 121

**Chat:** What are we learning about this week? (*Take answers*) We have a need for help. And who promises to help us? (*Take answers*) God! What does Psalm 121:2 say? *My help comes from the Lord, who made heaven and earth.*

Yesterday, we thought about how Jesus helped us with our biggest need – our sin. What has Jesus done to help us with our problem of sin? (*Take answers*) He lived, died and rose, so that if we trust in him, we can be saved!

Now, we also need help in our everyday lives, don't we? We can be scared, sad or confused. What things make you scared, sad or confused? What things do you need help with? (*Take answers*) Well get this, Jesus doesn't just want to help us with our biggest need – he wants to help us with all of our worries, all of our fears and all of our needs. He loves us so much that he died for us and so much that he lives for us. No problem is too small for Jesus, he wants to help us! Because of him, we can talk to God in prayer and have the Holy Spirit dwell in our hearts, and Jesus promises to never leave us or abandon us. He wants to help us and give us peace.

How does it make you feel to know that Jesus wants to help you with everything in life? (*Take answers*)

**Pray:** Ask Jesus to help you with the things that worry and scare you. Ask him to give you his peace. Ask God to be with the medical staff of our land.

## THURSDAY 26<sup>TH</sup> MARCH

**Read:** Psalm 121

**Chat:** What are we learning about this week? (*Take answers*) We have a need for help. And who promises to help us? (*Take answers*) What does Psalm 121:2 say? *My help comes from the Lord, who made heaven and earth.*

Verse 4 of Psalm 121 tells us that God never snoozes or sleeps. He is always awake and alert. Why do you think that might be a good thing? (*Take answers*) God is always ready to listen to us! It does not matter when we have a problem, whether it is first thing in the morning or in the middle of the night! God will always be awake and ready to hear what we have to say.

Do you ever get sleepy or bored or disinterested? (*Take answers – maybe ask what especially causes those things*) Of course you do, we all do. But God doesn't. He isn't like us, he is different – he is always present, always interested, always involved, always loving, always caring and ***always always always*** powerful to help us.

The God who made heaven and earth promises to look after you if you love Jesus. How does that make you feel? (*Take answers*)

**Pray:** Thank God that he doesn't get bored of us, that he isn't too tired for us, but that he always wants to hear from us. Pray for your friends and loved ones that you are missing right now.

## FRIDAY 27<sup>TH</sup> MARCH

**Read:** Psalm 121

**Chat:** What are we learning about this week? (*Take answers*) We have a need for help. And who promises to help us? (*Take answers*) What does Psalm 121:2 say? *My help comes from the Lord, who made heaven and earth.*

Psalm 121:7-8 tells us that God will protect our lives from evil, and he will keep us forever. Forever! For eternity! We will be kept by God forever, we live with God forever, we will enjoy God forever. Isn't that amazing? If we love Jesus, Jesus promises to share everything that is his with us for ever and ever. That's incredible. One day, God will remove all sadness and sorrow, he will rub out every scary thing, and we will have everlasting, joyful life with God for the rest of time.

What do you think about spending forever with God? What might it be like? What do you think it will be like to never be scared or worried again? What will it be like to be happy because of Jesus for all eternity? (*Take answers*)

God promises to help us. Psalm 121:2: *My help comes from the Lord, who made heaven and earth.*

**Pray:** Thank God for his help and for the hope of eternity that he gives us. Ask God to be with church leaders everywhere.

## **SATURDAY 28<sup>TH</sup> MARCH**

**Chat:** What does Psalm 121:2 say? *My help comes from the Lord, who made heaven and earth.* What did you learn this week? What stood out? What was helpful?

**Pray:** Continue to pray for God's help. Take prayer requests and pray for each other.

## **SUNDAY 29<sup>TH</sup> MARCH**

**Chat:** Make sure to watch this week's service online. What did you learn? Did anything stand out that was interesting or confusing?

**Pray:** Pray for our church family. Maybe message someone from church to see how they are and how you can pray for them.