

# NOVEMBER 27

## MY HELP COMES FROM THE LORD

### PSALM 121

Read this week's passage aloud before discussing together.

#### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

#### INTERPRETATION

4. What questions does this passage raise for you?
5. What statements are made about the Lord in this psalm ("He will...")? Which one sticks out to you the most? Why?

#### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. Do you feel confident in God right now? What truth, promise, or reality about God that is in this psalm do you need to remember this week to increase your confidence that God is the one to whom you can "lift up your eyes"?

#### FURTHER RESOURCES

Article: ["Where Does My Help Come From?"](#) by Gloria Furman

Article: ["Psalm 121: What It Means that Yahweh Is Your Guardian"](#) by Jason DeRouchie

[Family Advent Devotional](#)

# DECEMBER 4

## OUR HELP IS IN THE NAME OF THE LORD PSALM 124

Read this week's passage aloud before discussing together.

### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

### INTERPRETATION

4. What questions does this passage raise for you?
5. This psalm is a thanksgiving hymn for the community, but it starts with a bleak situation. How does starting with this frightening context set the stage for thanksgiving?

### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. Where do you personally need deliverance from a bleak situation right now? Where do your friends, family, or fellow church members need deliverance? Pray for these things and give God thanks for the ways he has already delivered you and/or others.

### FURTHER RESOURCES

Article: "[Praise We Didn't Plan](#)" by Jonathan Parnell

[Family Advent Devotional](#)

# DECEMBER 11

## LIKE THOSE WHO DREAM

### PSALM 126

Read this week's passage aloud before discussing together.

#### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

#### INTERPRETATION

4. What questions does this passage raise for you?
5. How does the psalmist describe the past in verses 1-3? What dynamics were going on in the past that should affect the present?

#### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. What pain do you have in your past? Have you "sown in tears" and laid these pains before the Lord? If there is unresolved pain from your life that you've never brought before the Lord for him to help comfort you, consider doing so this week. You can also enlist the help of a spouse, friend, or counselor.

#### FURTHER RESOURCES

Article: ["Talking to Your Tears"](#) by John Piper

Song: "Psalm 126" (feat. Molly Parden) by Bifrost Arts ([Spotify](#), [YouTube](#))

[Family Advent Devotional](#)

# DECEMBER 18

## UNLESS THE LORD BUILDS THE HOUSE

### PSALM 127

Read this week's passage aloud before discussing together.

#### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

#### INTERPRETATION

4. What questions does this passage raise for you?
5. What does it mean that "the Lord builds the house" or "the Lord watches over the city" (v. 1)?  
What is the difference between a human's role and God's role in these endeavors?

#### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. What is your level of dependency on God right now? How can you display greater dependence on him this month in your work, your rest/sleep, your children (or desire for children), your friendships, etc.?

#### FURTHER RESOURCES

Video: "[I Never Understood Burnout or Depression—Until It Happened to Me](#)" by Shona Murray

Book: [Reset: Living a Grace-Paced Life in a Burnout Culture](#) by David Murray

Article: "[When You've Given Your Troubles to God—But Still Can't Sleep](#)" by Courtney Reissi

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# DECEMBER 23 & 24

## MY SOUL WAITS FOR THE LORD

### PSALM 130

Read this week's passage aloud before discussing together.

#### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

#### INTERPRETATION

4. What questions does this passage raise for you?
5. Knowing God offers forgiveness (v. 4), what verbs in verses 5-7 mark the believer's response to God? What does it mean to "wait" for the Lord?

#### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. Old Testament believers waited for Jesus's first coming and redemption (vv. 7-8). We wait for Jesus's second coming when he will bring his final redemption. Do you value waiting on the Lord? What does the Lord want you to "wait" for right now from him (e.g.: redemption from pain, sin struggles, injury from others, etc.)? How can you commit this to him over the holiday season?

#### FURTHER RESOURCES

Article: ["Four Habits of a Healthy Heart"](#) by Marshall Segal

Song: "I Will Wait for You (Psalm 130)" by Keith & Kristyn Getty ([Spotify](#), [YouTube](#))

[Family Advent Devotional](#)

# DECEMBER 25

## ONE OF YOUR SONS SHALL REIGN

### PSALM 132

Read this week's passage aloud before discussing together.

#### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

#### INTERPRETATION

4. What questions does this passage raise for you?
5. What promises are given from God in this psalm (vv. 11-18)? How do they point to Jesus and his kingdom?

#### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. God has fulfilled his covenant to David through Jesus—albeit in an unexpected way (a divine-human baby born in a manger). What are the benefits you receive because of the promised King's coming? Praise God for these today.

#### FURTHER RESOURCES

Article: "[A Promise, a Manger, and a City with No Need for the Sun](#)" by Jonathan Parnel

[Family Advent Devotional](#)

# JANUARY 1

## GETTING THE WORD IN YOUR BONES

Read this week's passage aloud before discussing together.

### OBSERVATION

1. What are your personal observations about the passage?
  - What sticks out to you (words, phrases, concepts, themes)?
  - Why do these things stick out to you?
  - Does it remind you of other Bible passages?
2. Examine the context of the passage:
  - What's happening in the book before and after the passage?
  - What's going on in history at the time of the passage?
  - What type of literature or genre is the passage?
3. What was one of your main takeaways from Sunday's sermon?

### INTERPRETATION

4. What questions does this passage raise for you?
5. What convicted you in this week's sermon? Why?

### APPLICATION

6. How should you apply this passage to your life? Consider how it applies to your thoughts, attitudes, habits, decisions, relationship with God, and relationships with others.
7. What passage would you like to start memorizing this month? Why? Who can help keep you accountable and encourage you in this process?

### FURTHER RESOURCES

Article: "[Strategies for Scripture Meditation & Memorization](#)" by Dale Shaw