

Christian student ministry workers in Sweden developed a series of questions to ask when reading a Bible passage. Called the “Swedish Method” because of its origins, these questions can be used when reading the Bible by yourself or with others.

The daily readings in this family worship guide have a few questions. However, we encourage you, as appropriate for your family, to ask the following general questions of the text each day.



Is there something that ‘shines’ from the passage—whatever impacts most, or draws attention?



Is there something you don’t understand, or a question the passage raises in your mind?



Is there a personal application to your life?



Is there something you plan to share with someone else – and who will you share it with?



How do ideas in the passage interrelate? Or with other passages in this book – or in the whole Bible?

*Worshipping Together* is part of the vision and is a ministry of the Reformed Presbyterian Church of Frankston, Victoria, Australia. [frankstonrp.org.au](http://frankstonrp.org.au) [bit.ly/WTrpcaf](http://bit.ly/WTrpcaf)

The concept and layout draws heavily from *Let’s Worship God*, a ministry of the Reformed Presbyterian Church in Airdrie, Scotland. [airdrierpcs.org](http://airdrierpcs.org)

The readings are from Tim Chester’s 3-year weekly reading plan. [bit.ly/WkBbl](http://bit.ly/WkBbl) or [bit.ly/3yrBbl](http://bit.ly/3yrBbl)

The quote on the cover is from the article *What Shampoo and Family Worship Have in Common*, Written by Randy Greenwald, (Quoted from *Tabletalk* magazine, Nov 1997.)

Notes this week are drawn in part from commentaries on Psalms 120-134 by John Calvin, Matthew Henry, Eugene Peterson, and notes from the HCSB Study Bible, and the Reformation Study Bible

# Worshipping Together



We love God because He first loved us.

And we love to tell God that we love Him.

Joyful and faithful worship together twice each Lord’s Day is the highlight of our week. We are glad that they said, “Let us go to the House of the Lord.” Corporate worship prepares us for the week and prepares us for Heaven.

In addition, we regularly worship God as families and as individuals.

One father put it this way:

*The back of my shampoo bottle says, “Lather, rinse, repeat.” Simple enough that even I can do it. Though family worship may be a bit more complicated than shampooing hair, it ought not to be rated with “home dentistry” in the scale of difficulty.*



*If you could buy family worship in the store, it would come in the form of a Bible, and the directions would simply say, “Read, pray, repeat.” Men\* should gather their families at least once daily. They should read a portion of the Scriptures to them. And they should pray with them. There need be no fireworks or pizzazz to keep the kids interested. There needs to be only a father\* with a heart-love for God – who desires to see that love appropriated by his children.*

*Read, pray, repeat.*

\* Fathers leading their family in worship is always the goal. When, in the Lord’s providence, the father is absent or uninterested, a godly mother will lead her children

**Reading** Psalm 121:1-2 Where will my help come from?

**Notes** (See back page for authors)  
Are you doing any traveling this approaching summer? Do you need any help? Not just help for the preparation but help for the journey? Where is your help? Doing any living this summer? You see it's not just in traveling that we need help, it's in the daily life – in our day to day existence.

Psalm 121 asks and answers the question “Where is my help?”. Where is my help? Where do you look to for help? The first verse poses a question. Do you look to the hills or to the Lord? Those in the Psalmist’s day often built shrines to their false gods in the hills. But it’s not to those that the Psalmist was looking. There is no sense here that the Psalmist was looking to the hills themselves for his help but rather that as he sees the hills surrounding Jerusalem he thinks not of the hills themselves but of the true and living God who made these hills.

It’s the Lord who built the hills, it’s the Lord, who said He would dwell in this holy hill with His people, that the Psalmist looks to for help. Where do you look for help?

- Questions** (see back page for explanation of symbols)
1. Why might someone wrongly look to the hills for help?
  2. Where is the Psalmist looking for help?
  3. Where can we expect help in living today?
  4.     

- Praise Pray** Psalm 143c<sup>2</sup>
1. Commit in prayer to look to God for help – in traveling and in living
  2. Pray for a member of your church
  3. Pray for your family
  4. Pray for a non-Christian friend/family member

<sup>1</sup> You will notice we only have a printed guide for 6 days. We recommend each Lord’s Day you review the previous week’s readings and/or the previous or current week’s sermons and pray together

<sup>2</sup> Psalm selections are taken from the *Book of Psalms for Worship*. We encourage our congregation to sing the same selection each day for a week to gain familiarity with the selection

**Reading** Psalm 121:1-8 The Lord will protect you now and forever

**Notes** (See back page for authors)  
The Lord through the Psalmist goes on to tell us in verse 7 that He will protect us from all evil. All the evil that could possibly happen. Sometimes we think, what if this happens or what if that happens, or what if this evil thing or this bad thing happens? And the Psalmist here says that God, the Lord will protect you from all evil.

M. Henry says *the Lord shall preserve you from all evil, the evil of sin and the evil of trouble. He shall prevent the evil you fear, and shall sanctify, remove, or lighten, the evil you feel. He will keep you from doing evil, and so far from suffering evil that whatever affliction happens to you there shall be no evil in it. Even that which kills shall not hurt.* That is the promise for those who through Christ know God to be their helper, their protector.

Peterson says *the Christian life is about going to God. In going to God Christians travel the same ground everyone else walks on, breathe the same air, drink the same water, shop the same stores, read the same newspapers, are citizens of the same governments, pay the same prices for groceries and gasoline, fear the same dangers, are subject to the same pressures, get the same distresses, are buried in the same ground. The difference is that each step we walk, each breath we breathe, we know we are preserved by God, we know we are accompanied by God, we know we are ruled by God; and therefore no matter what doubts we endure or what accidents we experience, the Lord will guard us from every evil, for he guards our very lives.*

- Questions** (see back page for explanation of symbols)
1. What protection do verses 7 and 8 particularly promise?
  2. What is the difference between Christians and everyone else?
  3. For how long will God protect His people?
  4.     

- Praise Pray** Psalm 143c
1. Pray that you will trust God’s protection, with His help
  2. Pray for your family
  3. Pray for a non-Christian friend/family member
  4. Pray for the reading and preaching of God’s word tomorrow

**Reading** Psalm 121:1-6 The Lord protects you

**Notes**  
(See back page for authors)

Sometimes books or chapters of the Bible have a key word. The key word from this Psalm is protect (sometimes translated preserve or keep). It occurs 6 times in these few verses. (vs 3, 4, 5, 7 (twice), and 8) The Lord will protect you. He will care for you, He will watch over you.

Who is the Lord going to protect? He is going to protect His people. If you are not a child of God you can't have this assurance. This Psalm is for those who trust in the Lord. It's for those who are the people of God. You who are members of the church of Christ, you who are the people of God – the Lord will protect you.

He will protect you from danger by day or by night. The Lord will keep you from dangers of the sun or from dangers of the moon. Protection from things that you can see clearly, but still could harm you. And protection from things that you can't see. The Psalmist as he watched these hills at night would have known that they could have been filled with bandits, they could be filled with those who would be seeking to harm his life. Certainly there could be steps that because the light was dim he wouldn't be able to see and might fall. But he has learned to trust the Lord's protection. And this protection is a comprehensive protection, a comprehensive keeping. The Lord will keep you from danger by day or by night.

**Questions**  
(see back page for explanation of symbols)

1. Who does God protect?
2. From what might we need God's protection by day?
3. From what might we need God's protection by night?

4.     

**Praise** Psalm 143c

- Pray**
1. Rejoice in prayer at the protection of God for His people
  2. Pray for a member of your church
  3. Pray for your family
  4. Pray for a non-Christian friend/family member

**Reading** Psalm 121:1-2 My help comes from the Lord the Creator

**Notes**  
(See back page for authors)

Where do you look for help? The hills or the Lord? The Psalmist goes on in verse 2 to give another contrast, the creation or the Creator. Many people look to the heavens and the earth – many people look to the creation for help, to the sun or the moon, to silver or gold, or to alcohol or drugs or pleasure for help. And yet it's the Creator who gives us help, it's the Creator of heaven and earth who is able to help and protect us.

What is the work of creation? The Westminster Larger Catechism says *the work of creation is the work God did in the beginning by His powerful word and for Himself, when He made of nothing the world and all things in it, within the space of six days, and all very good.* It's this Creator to whom the Psalmist is looking. Why is he confident in the Creator? Why is he confident in this Helper? Because if He created the world then certainly He can control it. The WLC goes on to say that *God's works of providence are His most holy, wise, and powerful preservation and control of all His creatures, appointing them and all their actions to His own glory.*

We can have confidence that if God has created the universe He certainly can help us. Sometimes it's hard to admit that we're weak; it's hard to admit that we need help. Sometimes it hard to admit that we can't do it all by ourselves. We need to admit that and we need to look to the Lord the Creator for help.

**Questions**  
(see back page for explanation of symbols)

1. What in the creation might people look to for help?
2. Why can we be confident in looking to the Creator for help?
3. What works of God give us confidence when we need help?

4.     

**Praise** Psalm 143c

- Pray**
1. Commit in prayer to admitting you need God's help
  2. Pray for a member of your church
  3. Pray for your family
  4. Pray for a non-Christian friend/family member

**Reading** Psalm 121:1-3 He will not allow your foot to slip

**Notes**  
(See back page for authors)

Why have confidence in looking to the Lord? Because the Lord won't let you fall. He won't allow your foot to be moved, He won't allow you to stumble. He won't allow you to slip and fall.

Perhaps some of you have climbed in the hills or climbed mountains. When you are climbing hills or climbing mountains you are often reaching for a foot hold. You're straining and your foot is shaking and you're afraid that your foot might slip. The picture here is that the Lord will not let your foot slip.

Psalm 121 is a Psalm about God keeping your foot from slipping as you travel the journeys of life. When our family travels we sing this Psalm. We sing these words because we know that God alone will not allow our foot to slip. God alone will not allow our tires to slip. God alone will not allow that surgeon's scalpel to slip, or that nurse's needle to slip. God will not allow your foot to be moved.

But what about when we do slip and fall? Has God's word failed? May it never be! God forbid! What this Psalm tells us is that we have absolute freedom from ultimate harm. God will not allow you to slip and to fall. God will not allow you to be harmed outside of His purpose and plan for you. God won't let your foot slip but God may, for your good and for His glory, cause it to slip. The certainty you can have is that God, the sovereign Lord, will sovereignly keep you. Absolute freedom from ultimate harm.

**Questions**  
(see back page for explanation of symbols)

1. Why is it good to sing this Psalm when traveling?
2. Why would it be good to sing this Psalm when living?
3. What protection does God give our feet? Our life?

4.     

**Praise Pray**

- Psalm 143c
1. Rejoice in prayer in absolute freedom from ultimate harm
  2. Pray for a member of your church
  3. Pray for your family
  4. Pray for a non-Christian friend/family member

**Reading** Psalm 121:1-4 The Protector does not slumber or sleep

**Notes**  
(See back page for authors)

Perhaps you say, I want absolute freedom from ultimate harm. But how can I be sure? How can I be sure that God will do that? Well the Psalmist goes on to tell us that in the second half of verse 3 and verse 4. The Lord won't fall asleep. He won't slumber. The picture of slumbering is, you're not quite asleep, your head's kind of nodding and you're starting to yawn and you know you're fading fast and then you go to sleep. And the Psalmist says, twice for emphasis, that the Lord who keeps you will not slumber, the Lord does not slumber nor sleep

A soldier at his post, though well trained, may fall asleep. A driver at the wheel may fall asleep. A mother at the bedside of a sick child as much as she wants to be there and protect him might still fall asleep. But God won't. Even a church member during a sermon might slumber and sleep but God will not. He won't nod, He won't yawn, He won't sleep, He won't turn His back, He won't be distracted, and He won't lose sight of you, His people.

God won't fall asleep. The implication from the Psalmist is that because God doesn't sleep, you can. Alexander the Great was asked "How can you sleep so soundly with danger all around?" And his answer was, "because Parmenio, my guardian, my general, who is my friend, is watching." God, who is your Creator, your Helper, even, because of Jesus, your Friend, is watching over you and He will not fall asleep on the job.

**Questions**  
(see back page for explanation of symbols)

1. How can I be sure God will protect me?
2. What is the implication for me that God won't fall asleep?
3. What is God's relationship to His saved people?

4.     

**Praise Pray**

- Psalm 143c
1. Rejoice in prayer that God won't fall asleep while watching you
  2. Pray for a member of your church
  3. Pray for your family
  4. Pray for a non-Christian friend/family member