***Lesson: Comfort & Help comes from the Lord***

**STUDENT MINISTRY ǀ Sunday School**

*Confirmation, Middle School, High School 7.19.2020*



<https://youtu.be/w37WYpKSPvw>

**Zoom Sunday School ǀ 10:30-11:00 am**

* Watch the video between now and Sunday School
* Click on the links below to join the zoom meetings on Sunday
* Questions discussed about the video

**Confirmation, Middle School & High School available via Zoom:**

<https://us02web.zoom.us/j/87528022646?pwd=VmJrNmdUME1hd2VUK1VwRVBGNzhSZz09>

**Psalm 121**

I lift up my eyes to the hills.  
    From where does my help come?  
**2**My help comes from the Lord,  
    who made heaven and earth.  
**3**He will not let your foot be moved;  
    he who keeps you will not slumber.  
**4**Behold, he who keeps Israel  
    will neither slumber nor sleep.  
**5**The Lord is your keeper;  
    the Lord is your shade on your right hand.  
**6**The sun shall not strike you by day,  
    nor the moon by night.  
**7**The Lord will keep you from all evil;  
    he will keep your life.  
**8**The Lord will keep  
    your going out and your coming in  
    from this time forth and for evermore.

**PARENT INFORMATION**

We encourage all students (6-12th grade to join Student Ministry Zoom Sunday School). The questions below will be what we are discussing as it relates to the video.

**Questions**

1. Name 3 things which are consistent in your life?
2. Why is it comforting to have consistency in your life?
3. Do you struggle with not knowing what to expect? (Scenario Examples: First day of school, going to camp, walking into a room of strangers, etc.)
4. Name something in your life right now that is very inconsistent- how do you feel about it? Explain
5. Why is it important to know God and who he is (his character)?
6. How do the words of Psalm 121 bring us comfort- what is God revealing to us?

**Prayer**

Heavenly Father, send your Holy Spirit into our hearts, to  
direct and rule us according to your will, to comfort us in all  
our afflictions, to defend us from all error, and to lead us into  
all truth; through Jesus Christ our Lord. Hear our prayer of Lord Amen