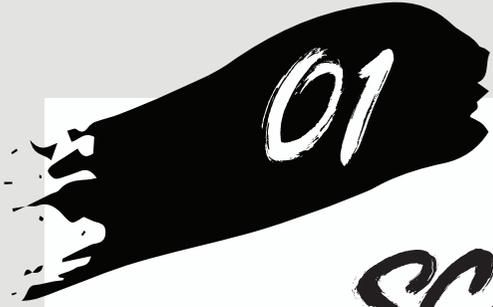


MY HELP COMES  
FROM THE LORD

The logo for 'Supercity' features the word 'SUPERCITY' in a bold, yellow, sans-serif font with a black outline. The letters are set against a red circular background that is partially obscured by a yellow brushstroke effect. The entire logo is positioned on a yellow rectangular background.



01

# SCRIPTURES

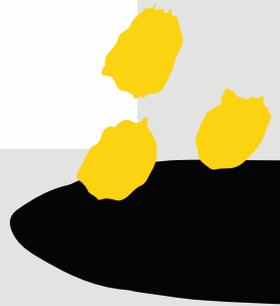
**Psalm 121:1-8 NIV**

**I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth.**

**He will not let your foot slip—  
he who watches over you will not slumber;  
indeed, he who watches over Israel  
will neither slumber nor sleep.**

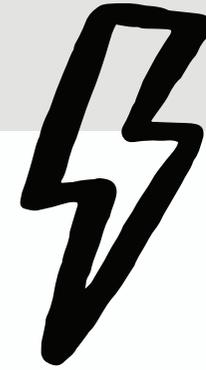
**The LORD watches over you—  
the LORD is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.**

**The LORD will keep you from all harm—  
he will watch over your life;  
the LORD will watch over your coming and going  
both now and forevermore.**



02

# STORY RE-CAP



Psalm 121 is one of the Psalms that God's people used to sing as they journeyed up to the temple.

Along the way, they knew that they would face dangers, but when they looked up at the mountains they remembered something very important... They remembered the One who made those mountains.

**They remembered God!**

In my life, there have been difficult and scary times... and looking back, I wouldn't change a thing! God used those times to remind me that he is in control of everything!

**He is the best place to look to for help.**



03

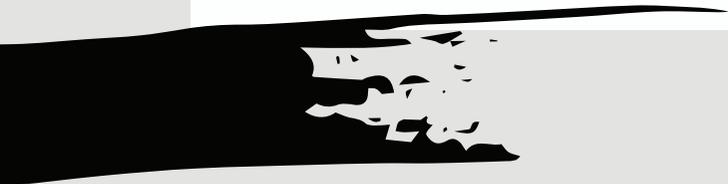
## HOW THIS APPLIES

God - the maker of heaven and earth - is in charge and he has always had a plan! He knew that the greatest problem we would ever face was the problem of sin, so **God made a way to save us. He saved us even though it would cost him the painful death of his son on the cross.**

If God was willing to save us even though it cost him his son, I believe that **we can trust him to help us no matter what we face!**

Next time you feel worried or afraid or overwhelmed, lift your eyes!

God lovingly watches over you all the time.  
He cares for you - even when you're asleep!





04

# MEMORY VERSE

“My help comes from the LORD, the maker  
of heaven and earth.”

Psalm 121:2

What do you do when you need help?

A lot of people I know try to fix things themselves...This verse reminds us  
that when we need help, the best place to look is straight to God!

He made everything! He's in charge of everything!

Next time you feel worried or afraid, why don't you stop and remember this verse?  
God - the creator of everything - is there to help you when you need him most!

*(Repeat the memory verse a few times in creative ways.  
Repetition makes it stick!)*





05

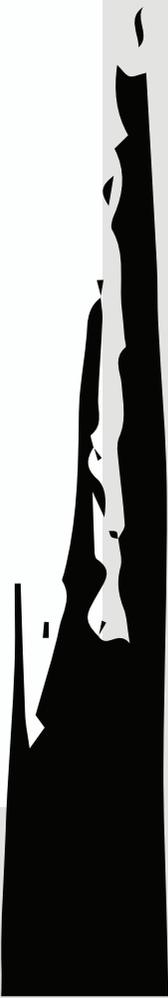
# UNPACKING SCRIPTURE



Psalm 121 talks about looking to the mountains - that God made -  
and asks the question:  
“Where does my help come from?”

Whenever I look at the things that God made,  
I remember that he is big and powerful and in charge of everything.  
Nature also reminds me that God really cares and that he is interested  
in small details too!

Where does your help come from?



06

## MAIN POINTS

1. God made everything! He's in charge of everything!
2. Whether things are good or bad,  
I trust that God is always working things for  
my good and for his glory!
3. He's the best place to turn when you need help!



07

## DISCUSSION

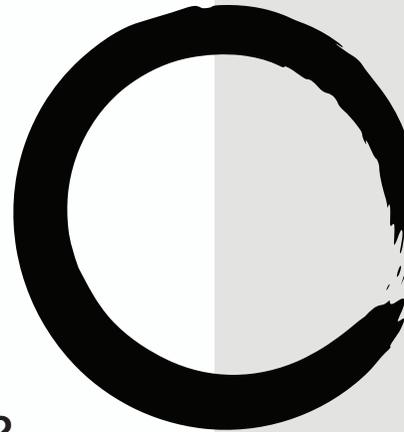
1. What do you do when you need help?
2. What do you do when you feel afraid? Or when you can't fall asleep at night?
3. Do you know that you can put your trust in the God who created the universe because he loves and cares for you deeply - even when you're asleep!



08

## CHALLENGE

Why don't you look around at nature while reading through Psalm 121?  
(Read Psalm 121 to the children)



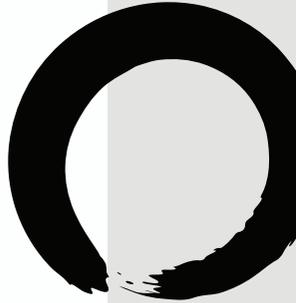
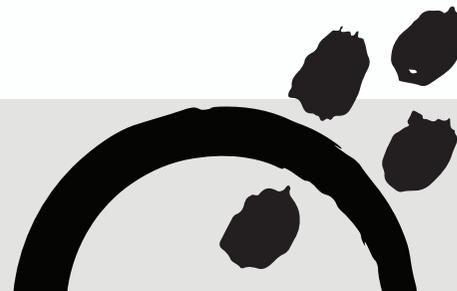


09

# CRAFT

## My help comes from the Lord:

1. *Print the Psalm 121 colouring page or draw your own version*
2. *Colour in your craft*
4. *When you are creating your craft, **remember that God - the creator of everything - is there to help you when you need him most!***



"My help comes from the Lord, the Maker of heaven and earth."

~ Psalm 121 : 2



THE END

