

Refrain Deliverance

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

IN ONE SENTENCE

*If the LORD had not been on our side, enemies would have swallowed us, but he broke the trap.***Remember it:** One-twenty-four: the trap snapped, the bird flew free, the LORD helped.

MEMORY VERSE

Our help is in Yahweh's name, who made heaven and earth.

Psalm 124:8 · World English Bible

HEBREW WORD

עֲזָרָנוּ

"our help" · verse 8

In the Psalms: eleven times, in 8 psalms

עֲזָרָ means "help," strong aid from someone who can do what you cannot. The word is used of Eve as a fitting "helper," but most often it is used of God himself as Israel's help. Verse 8 matches Psalm 121: our help is from the LORD who made heaven and earth.

HOW THE PSALM MOVES

1-5 If the LORD had not been on our side, we'd be swallowed

6-7 Blessed be the LORD: the snare is broken, we escaped

8 Our help is in the name of the LORD

MY NOTES

**Listen.** Hear Psalm 124 sung in the **Psalm Song** app, or free at ispress.de/psalms/124.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

If the LORD had not been on our _____, enemies would have _____ us, but he broke the _____.

CHECK YOURSELF

1. What would the enemies have done to us alive?

☐ (A) Sold us

☐ (B) Swallowed us up

☐ (C) Captured us

☐ (D) Ignored us

2. Our soul escaped like a bird out of what?

☐ (A) A cage

☐ (B) A storm

☐ (C) The fowler's snare

☐ (D) A nest

3. Where is our help?

☐ (A) In Yahweh's name

☐ (B) In our walls

☐ (C) In our army

☐ (D) In our wisdom

TALK IT OVER

1. The psalm asks Israel to imagine what would have happened without God. Why is that a useful exercise?

2. What does the picture of a broken snare show about how God rescues?

3. Think of a time you escaped a "trap." How could you say verse 8 out loud as thanksgiving?

IN YOUR OWN WORDS: WHAT DOES PSALM 124 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

Answers: Blanks: side · swallowed · trap · Check yourself: 1. B (v. 3) · 2. C (v. 7) · 3. A (v. 8)