

FINDING COMFORT WHEN WE FACE THE UNKNOWN

Psalm 121

Awareness

Before listening, reflect:

- When you consider the future, what is your greatest fear?
- Think about a time when you felt vulnerable and afraid. What were the circumstances?

When we're uncertain about what comes next, many of us feel very unsettled, maybe even anxious. We might feel concerned about our health, our financial security, our safety, or our family. It's easy to imagine worst-case scenarios and the bad things that could happen. These scenarios seldom materialize, but we still worry anyway. Psalm 121 offers powerful words of assurance and hope for the times in our lives when worry and fear threaten to overtake us. Study Psalm 121 and be reminded of God's watchfulness and care for all the details of our lives.

Listen: [*Finding Comfort When We Face the Unknown*](#)

Reflection

After listening, consider:

- What are some of the false gods in our lives today that we turn to for comfort but ultimately find none?
- Think about the times you've felt worried, anxious, or fearful about the future. Can you identify any consistencies about times when you feel this way? Time of day? Tiredness? Stresses? What might you build into your habits during these times to remind yourself of God's watchful presence and care for you?
- In segment 2, Pastor Ruth Boven states, "One of our great fears is vulnerability..." Do you agree? Why or why not?
- What does it mean to you that the God who created everything promises to watch over you without ceasing, and even if you experience falls and setbacks in this life, will ultimately protect your whole life?

Related Passages

- **Matthew 6:25-34**
- **Matthew 10:29-31**
- **John 10:27-30**
- **Isaiah 49:15-16**

Conclusion

Read Psalm 16. Rewrite it as a prayer for when you feel worried or anxious about things that are uncertain or

unknown. Consider making a list of scripture passages, songs, and prayers that remind you of God's watchfulness, care, and protection that Psalm 121 describes.

<https://groundworkonline.com/episodes/finding-comfort-when-we-face-the-unknown>

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