1. **The LORD is near**
   a) Psalm 139:1-6, 7-12, 13-18
   b) Is it good news or bad news that we have a LORD God who draws near?
   c) Share some examples from the Scriptures of the LORD God drawing near.
   d) Share a time when you sensed the LORD draw near.

2. **The LORD cares**
   a) Psalm 40:1-3
   b) Psalm 55:22
   c) What encouragement do you find in these inspired testimonies about the LORD’s care for us?
   d) How can we help others to believe that the LORD truly cares about them as individuals?

3. **The LORD is a Refuge for us**
   a) Psalm 17:6-8 (Psalm 57:1, 63:7, Matthew 23:37)
   b) Psalm 31:1-3
   c) Psalm 46:1-2
   d) Psalm 91:2-7
   e) Share a story in the Scriptures where the LORD was a Refuge for His people.
   f) Share a time when you called upon the LORD to be your Refuge.

4. **The LORD is our Deliverer**
   a) Psalm 50:15
   b) Psalm 27:1-5
   c) Psalm 114:1-2 Share some examples of the LORD’s deliverance for the children of Israel in their exodus from slavery in Egypt.
   d) What inspired revelation does the apostle Paul give regarding the LORD as Deliverer? 1 Corinthians 10:1-4
   e) How was the LORD a Deliverer for faithful servants like John the Baptist and Stephen, even though they were not delivered from their time of adversity?
   f) What promises of the LORD give us comfort that He is with us during times of our adversity?

5. **Where does our help come from?**
   a) Psalm 121
   b) Why does the Psalmist speak of the sanctuary as the source of our help? Psalm 20:1-2, Exodus 25:8
   c) The earthly sanctuary no longer exists. How does help come for us today from the heavenly sanctuary? Hebrews 8:1-2, 4:15-16
   d) Jesus is our Savior, Lord, Great High Priest, and soon-coming King. He longs to draw near to us, care for us, be a refuge for us and deliver us. How can we learn to trust Him more?
   e) Who helped you learn to trust Jesus?