

God designed my life to be an ascending journey.

How would you describe the current direction of your spiritual journey? (Strait up, ascending at 45° angle, flat, descending at a 45° angle, strait down, or somewhere in between)

The direction of my eyes will determine the destination of my life.

Describe what you want your life to look like this time next year...in 10 years...30 years? What do you see?

1) My ascent stops when I look at the height of the hills. (1)

- **The hill of fear** – What have you seen this week that made you afraid? Do you have any fears that have kept you from obeying God?
- **The hill of temptation** – What sin habits keep you from taking your next step with God?
- **The hill of bitterness** – Have you been hurt by someone you have yet to forgive? How has it affected your trust in God?
- **The hill of despair** (sorrow, opposition, regret, exhaustion) – Based on what you see around you, have you lost hope that you can get to a better place?
- **The hill of unbelief** – Do you need God to open your spiritual eyes to his power?

2) My ascent starts when I look at the power of the Helper.

- **My help comes from the one who created everything. (2)**
 - Make a list of created things that you and others turn to for help. How often do you stop short of seeking the creator because you are satisfied with what he has created?
- **My help comes from the one who never gets tired. (3-4)**
 - How well do you sleep? Do you have trouble turning your brain off when you go to bed? Is it because you are trying to “help” fix something? How does sleeping soundly demonstrate trust in God? Is your lack of sleep rooted in a lack of trust?
- **My help comes from the one who keeps me safe. (5-7)**

- Describe the evil that threatens to keep you down.
- **My help comes from the one who keeps me going. (8)**

Describe your cycle of “going out and coming in.” Are you worn out? Are you reading to quit?

What will you do practically to lift up your eyes for the help you need this week?

Additional Scripture

- Psalm 16:8
- Psalm 91
- Psalm 123