

The Psalms of Ascent: Psalm 125

Welcome (10 mins)

If you could compare your life to a physical structure or landmark, what would it be and why?

Worship (10 mins)

Song: [Trust in God \(Chords\)](#)

Read: Psalm 125 a few times, with different emphasis and even different versions.

Word (30 mins)

1. What is the promise for those who trust in the Lord in verse 1?
2. How is the experience of the promise of verse 1 unpacked in verse 2?
3. How would this have encouraged the people going up the mountain pass toward Jerusalem?
4. What is the promise in the beginning of verse 3? How is this also an encouragement to the people of Israel?
5. What does the second half of verse 3 tell us about what can happen under poor leadership? What does this tell us about God's heart for leadership and authority?
6. How do verses 4 & 5 mirror what has been said in verse 3? Are there any comforts or warnings to you personally in these verses?
7. The Psalm ends with a faith-filled declaration of God's promise 'Peace be on Israel' - how does this short phrase draw together all that has been said in the Psalm?

Wonder (5-10 mins)

Living in the city that we inhabit, we have a daily experience of both the surrounding presence of mountains and the reality of evil/suffering. Therefore, this Psalm can speak especially

profoundly to us. Spend some time individually putting the Psalm into your own words, relevant to your own context. Read these aloud to one another as a time of prayer together.

Witness (5-10 mins)

The psalmist concludes by saying, "Peace be upon Israel!" How can we actively pursue and promote peace in our relationships, communities, and the world?

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Welcome (10 mins)

Have you ever had something restored or refurbished? How was that experience? (You may want to watch some restoration videos for inspiration, what feelings do they evoke?)

Worship (10 mins)

Sing: [Way Maker](#) ([Chords](#))

Word (30 mins)

Vs 1-3 look back and verses 4-6 look forward.

1. As they look back at what God has done for them in verses 1-3, what do they recall? What mood does the phrase "we were like those who dreamed" capture?
2. What were the effects of the restoration they experienced?
3. How do verses 1-3 give them confidence to ask God what they do in verses 4-6?
4. Given the context of the Israelites being an agricultural society away from their homeland, how does this help us understand the language of sowing with tears and reaping with joy?
5. How are joy and sorrow surprisingly linked in this passage? Is this something you have experienced?
6. What parallels do we have to sowing and reaping in our lives today?

Wonder (5-10 mins)

Where would you put yourself in this psalm? Take some time to pray for each other in light of what you have shared. Ask the Holy Spirit what he has for each person.

Witness (5-10 mins)

Many people have testimonies of the great things the Lord has done through the Marriage Course and the Pre-Marriage course. We're excited to be running these again starting on the 16th and 30th August respectively. Discuss together who you could invite to take part, then pray for these people and those attending that God would do great things in their lives!