



DISCUSSION QUESTIONS

- Week Two: Restored -

Psalm 126

1. This week we focused on Psalm 126 in our sermon series on The Psalms of Ascent. **Psalm 126 - A song of Ascents.** ¹ When the Lord restored the fortunes of Zion, we were like those who dreamed. ² Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them." ³ The Lord has done great things for us, and we are filled with joy. ⁴ Restore our fortunes, Lord, like streams in the Negev. ⁵ Those who sow with tears will reap with songs of joy. ⁶ Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

This Psalm is full of interesting and awesome truths. What words, phrases or concepts immediately intrigue you?

What do you sense God saying to you in this season of your life through this Psalm?

2. Even a quick reading of this Psalm reveals the psalmist is appreciating the past, the present, and the future. This provides a great lesson for us. As we approach God in prayer or worship, we should approach him remembering the great things He has done for us in the past. Do you think this principle would be helpful to employ in your life? To remember some of the great things God has done for you personally as you begin to pray or worship? Take a moment and tell the story of how God has worked in some miraculous way in your life.

3. The main theme in Psalm 126 is restoration. The Hebrew word translated as “restore” can also mean to “repair or to refresh”. This word is used in many other verses in the Old Testament. In Psalm 23 the word is translated as “refresh”, **Psalm 23:2 - He makes me lie down in green pastures, He leads me beside quiet waters, ³ He refreshes my soul...** Another classic example is in Psalm 51. **Psalm 51:12 - Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.** Is it difficult for you to believe that God wants to refresh your soul and restore your joy? One central fact about God is that He longs to restore us. How often do you need to set aside time to allow God to restore you? Are you setting aside that time? What would that time look like practically?

4. As we think about God’s work of restoration in our lives, the most natural question is: How does God restore? I believe verses 5 and 6 give us clarity on this question. Read them again please, **Psalm 126:5-6 - Those who sow with tears will reap with songs of joy. 6 Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.** How do these verses contain wisdom about how God restores us?

In this sermon I said, restoration comes as you pour out your heart to God, confessing your sin, and giving Him your pain and unfulfilled desires. Do you agree? What challenges and barriers do you find in pouring out your heart to God? This is something that you tend to resist, or do you pour out your heart to God naturally and easily?

5. Verses 5 and 6 use the agricultural metaphor of sowing and reaping. This is a classic metaphor in the Bible. I’m sure when some of you read verse 6, thoughts about the words of Jesus in Luke 10:2 come to mind. **He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”** This led me to say in the sermon that we are called to join God in His work by sowing seeds of truth. We sow those seeds through our example, our prayers, and with our words. Is it a priority for you to join God in His work and to influence others through your example, your prayers, and your words? How long has it been since you had a conversation where you pointed someone who doesn’t believe towards God?

Psalm 126 invokes this powerful metaphor of weeping while carrying seeds to sow. This indicates deeply caring about people coming to know Christ. Have you ever wept for your community, your neighborhood, our nation, or the world? Weeping, praying, suffering, and sharing Christ have often defined the people of God. Has it ever defined you? Does it now?