

**Sermon-Based Questions**  
**August 11, 2019**  
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**Look Up: The Book of Psalms**  
*SADNESS*  
Psalm 126

**Introduction: (Choose 1)**

1. Which Psalm in this series have you connected with the most? Why?
2. Has this series deepened your appreciation for the Book of Psalms? If so, in what way?

**Reading: (Scripture reference)**

*Psalm 126*

**Understanding: (Choose 3- 5)**

3. *Read verses 1-3.* Describe a time when God's provision in your life gave you such overwhelming joy.
4. The writer is in a time of sadness in his life but is mindful of the Lord's past blessings.
  - a) How is recalling the Lord's past faithfulness helpful for your soul?
  - b) If you tend to forget the times He has blessed you, what kind of recording system would be helpful for you?
5. *Read verse 4.* After being mindful of God's faithfulness, the psalmist then turns to God to pray. As Pastor Dave explained, the writer asks God to pour down rain on them like streams in a parched land. Do you come before His throne with bold requests or are you hesitant of asking for miraculous provisions from God? Why or why not?
6. *Read verse 5a & 6a.* The psalmist describes what it looks like to be faithful as a farmer while their life was still difficult. What would it look like in your daily life to be faithful and push through in the midst of sadness, in the midst of waiting for the Lord?
7. Verses 5b & 6b, shows the hope that God will intervene with blessings as they remain faithful.
  - a) Do you have a hard time remaining confident that God will enter into your difficult circumstance? Why or why not?
8. Give examples in scripture of times when God showed up and was faithful in restoring his people.
9. Unlike the Old Testament writers, we have the blessing of knowing Jesus. How does your connection with Jesus give you great hope in the waiting?

**Application:**

1. The 4 steps of wisdom found in Psalm 126 for times of sadness are: Being mindful, being prayerful, being faithful and being hopeful. How can you hold each other accountable to put these steps into practice?
2. Pray that God will give you the grace to be doers of the Word and to be intentional in following the example of the psalmist.

## Lectio Divina

1. **Opening Prayer:** Ask God for insight into His Word, for open hearts and minds, for hunger to know Him better, and for an attitude of learning from one another.

2. **Reading:** Have someone from your group read the passage aloud. It is best to print out a copy for each group member so they can read along, make notes, or go back as needed.

3. **Meditation:** Spend *an entire minute* in complete silence, contemplating what was just read. Feel free to re-read the passage quietly to yourself or jot down thoughts/highlight what stuck out to you.

4. **Sharing:** At the leader's signal, invite group members to share their insights for about 5 minutes.

5. **Repeat:** After the 5 minutes are over, repeat the process 2 more times using the same passage. Listen/read like you haven't heard this passage before. If there are longer moments of silence, the leader can prompt discussion with the following questions:

1. What did you hear and what seems important?
2. What is the Holy Spirit impressing on you?
3. What does it make you think of from your life?

*<sup>1</sup>When the LORD restored the fortunes of<sup>[a]</sup> Zion,  
we were like those who dreamed.<sup>[b]</sup>*

*<sup>2</sup>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."*

*<sup>3</sup>The LORD has done great things for us,  
and we are filled with joy.*

*Psalm 126: 1-3*

*Restore our fortunes,<sup>[c]</sup> LORD,  
like streams in the Negev.*

<sup>5</sup> *Those who sow with tears  
will reap with songs of joy.*  
<sup>6</sup> *Those who go out weeping,  
carrying seed to sow,  
will return with songs of joy,  
carrying sheaves with them.*

*Psalm 126:4-6*

<sup>17</sup> *Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
<sup>18</sup> yet I will rejoice in the LORD,  
I will be joyful in God my Savior.*

*Habakkuk 3:17-18*