

Lesson 3

Psalm 126

Read all of Psalm 126

1. What emotions are described in this Psalm when the Lord restored the fortunes of Zion?
2.
 - a. What does it say is the relationship between sowing in tears and reaping in joy?
 - b. How does the concept of "sowing in tears" relate to the idea of enduring hardships with faith?
3. Why do you think the psalmist emphasizes both laughter and joy in the context of God's restoration?
4. How does the psalmist describe the reaction of the nations to the restoration of Zion (v2)?

5. Reflect on a time when you experienced God's faithfulness in your life. How did you celebrate it, and how did it impact your faith?
6. How do you personally handle the tension between celebrating God's past faithfulness and longing for future restoration? What practices help you navigate this tension?
7.
 - a. Think about a current struggle or sorrow in your life. How can you trust that these "tears" will eventually lead to a harvest of joy?
 - b. Identify one area in your life where you need to bring your laments and desires to God. How can you practically do this in your daily prayer or devotional time?