

Read: Psalm 126

Discuss:

1. How do you avoid being overwhelmed by difficult situations?
2. How do you find hope and joy amidst repeated trial or times of stress?
3. The writer of this psalm looks back through history in verses 1-3. Looking at verses 1-2, go through each descriptive line of what the author is remembering. How do they lead to the writer's conclusion in verse 3?
4. How does knowing what God has done in the past offer encouragement to the uncertain circumstances that we face in life?
5. What history do you have in your own life where God restored you?
6. The writer seems to indicate that God's people are going through another season of difficulty. But in this context, what does the writer envision for God's people?
7. In what ways does the Gospel make verses 4-6 a reality?

Pray:

As you go to your time of prayer, notice the poetic contrasts in verses 4-5 of today's psalm. Do you know people in your own life that need this sort of restoration? Take time right now to pray these verses for their sake.