

Songs of Ascents: 125, 126

Psalms that lift the soul

Each psalm in Psalms 120-134 has the title “a song of ascents.”

Ascents may refer to pilgrimages up to Jerusalem for Passover, Pentecost, and Tabernacles.

Last week we covered Psalms 122, 123, 124.

David rejoiced in Psalm 122 to go the LORD’s house in Jerusalem.

Psalm 123 sought God’s mercy while enduring contempt from the arrogant.

David in Psalm 124 praised God for being on our side and helping us out of the fowler’s snare.

What have you found interesting about the *songs of ascents* so far?

Psalm 125

A song of ascents.

1 Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.

*2 As the mountains surround Jerusalem, so the LORD surrounds his people
both now and forevermore.*

*3 The scepter of the wicked will not remain over the land allotted to the righteous,
for then the righteous might use their hands to do evil.*

4 Do good, O LORD, to those who are good, to those who are upright in heart.

5 But those who turn to crooked ways the LORD will banish with the evildoers.

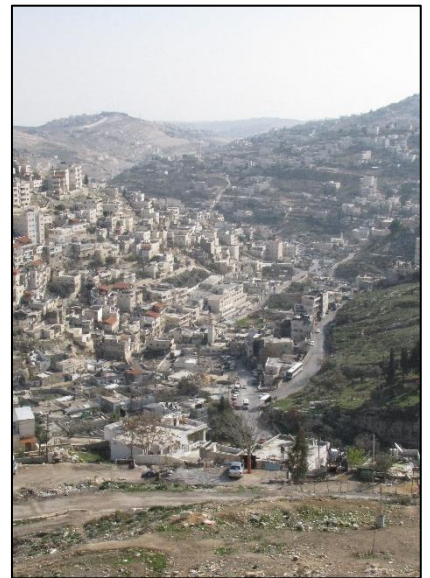
Peace be upon Israel.

Write your own one-sentence summary of this psalm.

Why would you trust in *the LORD*?

What is the comparison in verse 1?

What is the comparison in verse 2?



Verse 3 mentions the scepter of the wicked.

Give some examples of wicked rulers.

What is one reason why the LORD does not let the wicked rule too long over the righteous?

Concentrate on verses 4-5. What is encouraging about them? What is alarming about them?

Peace be upon Israel. What peace is being prayed for here?

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, O LORD, like streams in the Negev.*

5 Those who sow with tears will reap with songs of joy.

*6 He who goes out weeping, carrying seed to sow,
will return with songs of joy, carrying sheaves with him.*

**126:1 Or LORD brought back the captives to*

**126:4 Or Bring back our captives*

Write your own one-sentence summary of this psalm.

Is it *restore fortunes* or *bring back captives* in verses 1 and 4? Let's discuss.

What is the point of verse 1?

When have you felt the emotions described in verses 1-2?

What do you think are the *great things* referred to in verses 2-3?

Explain the comparison in verse 4.

Notice how verse 6 builds on top of verse 5.

Sow with tears. What events in our life and in the life of the church does that describe?

Reap with joy. What events in our life and in the life of the church does that describe?

Verses 5-6 are a promise. What are they promising?

Let Us Ever Walk with Jesus (hymn 452 CW) uses this psalm in stanza 2 of the hymn.

*Let us ever walk with Jesus, follow his example pure,
flee the world which would deceive us and to sin our souls allure.*

*Ever in his footsteps treading, body here, yet soul above,
full of faith and hope and love, let us do the Father's bidding.*

Faithful Lord, abide with me. Savior, lead; I follow thee.

*Let us suffer here with Jesus, to his image e'er conform;
heaven's glory soon will please us, sunshine follow on the storm.
Though we sow in tears of sorrow, we shall reap with heav'nly joy,
and the fears that now annoy shall be laughter on the morrow.
Christ, I suffer here with thee; there, oh, share thy joy with me.*