

## *Songs of Ascents: 127, 128*

## *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 125 and 126.

Psalm 125 said the LORD surrounds his people like mountains and spoke peace upon Israel.

Psalm 126 was filled with joy over the great things the LORD has done for us.

What themes have you noticed in the *songs of ascents* so far (120-126)?

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### ***Psalm 127***

*A song of ascents. Of Solomon.*

*1 Unless the LORD builds the house, its builders labor in vain.*

*Unless the LORD watches over the city, the watchmen stand guard in vain.*

*2 In vain you rise early and stay up late,*

*toiling for food to eat—for he grants sleep to those he loves.*

*3 Song are a heritage from the LORD, children a reward from him.*

*4 Like arrows in the hands of a warrior are sons born in one's youth.*

*5 Blessed is the man whose quiver is full of them.*

*They will not be put to shame when they contend with their enemies in the gate.*

Write your own one-sentence summary of this psalm.

Verse 1 mentions the *house*. What do you think the *house* is?

According to the psalm, name three things that are in vain.

Why are those things done in vain?

Discuss the relationship that exists for the believer between hard work and firm trust.

What are sons and children called in this psalm?

According to verses 4-5, what blessings do children bring to their parents?

Why do you think this psalm's view of children and family needs to be emphasized at present?

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### ***Psalm 128***

*A song of ascents.*

*1 Blessed are all who fear the LORD, who walk in his ways.*

*2 You will eat the fruit of your labor; blessings and prosperity will be yours.*

*3 Your wife will be like a fruitful vine within your house;  
your children will be like olive shoots around your table.*

*4 Thus is the man blessed who fears the Lord.*

*5 May the LORD bless you from Zion all the days of your life;  
may you see the prosperity of Jerusalem,*

*6 and may you live to see your children's children.*

*Peace be upon Israel.*

Write your own one-sentence summary of this psalm.

Whom is the psalm talking to?

What is the connection between verses 1 and 2?

The basic blessings of Israel's soil were grain, wine, and olive oil.

How does the writer use two out of the three in this psalm?

Look at verses 5-6. What two great blessings does the psalm writer pray for the reader to see?

*May the LORD bless you from Zion.* Why does the LORD's blessing come *from Zion*?

Psalm 128 has the same ending as Psalm 125. *Peace be upon Israel.*

What peace is being pronounced here?

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What happens to family, to church, and to society when these two psalms are ignored?

What happens to family, to church, and to society when these two psalms are heeded?