

Psalms: A Prayer Book for All of Life

August 17, 2025 – Psalm 126

Sowing in Tears

Message for today – Remember God’s goodness from the past in order to draw hope of His goodness for the future

Take time to reflect on the great things God has done for you

What has He restored

How did you respond

How did others respond

Take hope for future restoration

Bringing your longings to Him

Sowing in tears

Waiting for the harvest to come

Reflections

Psalm 126

Hear the Word

1. What is this passage telling me about who God is (His character, actions, attributes, Word)?
2. What actions are being celebrated?
3. What themes do I see here, and how do any of those connect with what I am currently facing?
4. What is the main purpose of this passage, and does it bring other passages to mind?
5. How does this passage point me to Jesus, and help me to see the gospel more clearly?

Do the Word

1. How do my actions, thoughts, words or emotions need to change in light of this passage?
2. How does my prayer life need to change as a result of this?
3. What evidence of God’s work in my life do I need to thank and praise Him for?
4. Do I see any other way that this should impact my worship of God?

Next Week: Psalm 136