

Psalm 120 “Starting In Distress”
Psalm 120:1-7
January 5, 2025

Psalm 120:1-7

- 1 In my distress I called to the Lord,
and he answered me.
- 2 Deliver me, O Lord,
from lying lips,
from a deceitful tongue.
- 3 What shall be given to you,
and what more shall be done to you,
you deceitful tongue?
- 4 A warrior's sharp arrows,
with glowing coals of the broom tree!
- 5 Woe to me, that I sojourn in Meshech,
that I dwell among the tents of Kedar!
- 6 Too long have I had my dwelling
among those who hate peace.
- 7 I am for peace,
but when I speak, they are for war!

Traveling songs.

Hebrews 11:13-16

13 These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth. 14 For people who speak thus make it clear that they are seeking a homeland. 15 If they had been thinking of that land from which they had gone out, they would have had opportunity to return. 16 But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared for them a city.

The world isn't what we've been sold.

Disappointment and pain can create a new beginning.

“He answered me.”

Psalm 34:17

When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

1 Peter 3:12

For the eyes of the Lord are on the righteous, and his ears are open to their prayer.

God will judge rightly.

Psalm 120:3-4

3 What shall be given to you,
and what more shall be done to you,
you deceitful tongue?

4 A warrior's sharp arrows,
with glowing coals of the broom tree!

Come find peace.

Psalm 120:5-6

5 Woe to me, that I sojourn in Meshech,
that I dwell among the tents of Kedar!

6 Too long have I had my dwelling
among those who hate peace.

In order to start our journey, we must become discontent with the world.

Life Group Discussion Questions

- What did God say to you through His Scripture during our Sunday gathering?
- Share about a long and memorable trip you've taken? What made it difficult? Was it worth all the effort?
- How is the Christian life a mixture of hope and disappointment? Why might frustration with the world be an important motivator for change and turning towards God? In what ways has the world disappointed you?
- Disappointment and pain can create a new beginning. Have you experienced a broken dream that turned into a new and unexpected blessing?
- Augustine said that "your soul travels by its affections." In other words, we move towards what we most love. What is a way to grow our love for Jesus?
- Take a moment and enjoy Psalm 120:1, that God answered. What does that mean for you in the middle of a current difficulty?
- How can this psalm help us better understand Jesus? How was He someone that traveled a great distance and endured distress and lies? What was Jesus' motivation for such a journey?
- If the Psalms of Ascents are songs we send together, then what support can you offer others in their disappointments this week?