

Psalms of Ascents 126 “Sowing in Tears”
Psalm 126:1-6
February 16, 2025

Psalm 126:1-6

- 1 When the Lord restored the fortunes of Zion,
we were like those who dream.
2 Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
“The Lord has done great things for them.”
3 The Lord has done great things for us;
we are glad.
4 Restore our fortunes, O Lord,
like streams in the Negeb!
5 Those who sow in tears
shall reap with shouts of joy!
6 He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

Blessings do not exclude grief.

The abundant life.

God’s people may cry more.

Psalm 126:5

- 5 Those who sow in tears
shall reap with shouts of joy!

Matthew 5:3-4

- 3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.
4 “Blessed are those who mourn, for they shall be comforted.

God blesses empty people.

Sowing while crying.

Psalm 56:8

“You have kept count of my tossings; put my tears in your bottle. Are they not in your book?”

The tears become part of the future harvest.

God is committed to doing things our hearts will rejoice in.

Life Group Discussion Questions

- What did God say to you through His Word during our Sunday gathering?
- Describe a past moment in which God did something really special? How has that past experience given you hope about the future?
- By Psalm 126:4, the good days are behind the psalmist. Does it encourage you or discourage you to know that being a Christian is not a mountain top experience all the time?
- How does Psalm 126 validate tears? What are reasons we are reluctant to weep?
- Consider the image of sowing in tears. How is it a picture of honesty? How is it a picture of obedience? What about this image resonates with you?
- What is the amazing exchange of verses 5 and 6? How does the life and ministry of Jesus help us to believe this sorrow for joy exchange?
- Spend some time praying in the Life Group about what you are sad about and what you are hopeful for.