

Psalms of Ascent 129 “Confident Endurance”

Psalm 129:1-8

March 9, 2025

Psalm 129:1-8

- 1 “Greatly have they afflicted me from my youth”—
let Israel now say—
- 2 “Greatly have they afflicted me from my youth,
yet they have not prevailed against me.
- 3 The plowers plowed upon my back;
they made long their furrows.”
- 4 The Lord is righteous;
he has cut the cords of the wicked.
- 5 May all who hate Zion
be put to shame and turned backward!
- 6 Let them be like the grass on the housetops,
which withers before it grows up,
- 7 with which the reaper does not fill his hand
nor the binder of sheaves his arms,
- 8 nor do those who pass by say,
“The blessing of the Lord be upon you!
We bless you in the name of the Lord!”

EXPRESSION #1: We have been afflicted.

EXPRESSION #2: God has been faithful to deliver us.

EXPRESSION #3: God will continue to deliver righteous judgments.

Romans 3:26

“It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus.”

The Psalms are the songs and prayers of Jesus.

Isaiah 53:3-5

“He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he

was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.”

Jesus is VERY familiar with suffering. He has gone before us in suffering that we might follow Him.

Fragile vs. Tough Faith → Power of “And”

The life of faith is all about learning to live in the “in between”.

2 Corinthians 4:8-9

“We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.”

We endure by looking to Jesus.

Hebrews 12:1-3

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”

Life Group Discussion Questions:

- What did God say to you through the Scripture during our Sunday gathering?
- How would you describe the overall tone of this psalm?
- If this original audience was to look back at their history, what consistent patterns would they see? How are these reflected in this psalm?
- This psalm highlights what Israel has survived rather than what they have achieved. Why is this important?
- CJ Mahaney writes, “In your darkest moments, you will need your best theology.” Do you agree? Why can it be hard to remember the faithfulness of God and how he has prevailed in difficult times?
- Why is it so important for us to remember God's righteousness? How does this help us endure in faith?
- How are we to process the psalmist's prayer for the wicked to be judged? How does the gospel impact our understanding of this?
- How does this psalm point us to Jesus?

- Read 2 Cor. 4:8-9. How can Paul make such statements and stand firm in his faith? What are some differences between a tough faith vs. a fragile faith?
- As you meet with your Life Group or with other believers, what is an idea or two from this passage that you can help one another apply to your lives this week?