

31st January 2021

When our future feels bleak Psalm 126

Opening: What are some of the ways we might try to cope when our future feels bleak?

1. In vv. 1-3, what is the psalmist doing? What has the Lord done? How is the Lord's role underlined?
2. In vv. 4-6, what is the present experience of the psalmist?
 - How do they pray about it?
 - How might vv. 1-3 give them confidence to pray this way?
3. When our future feels bleak, how can our confidence in the Lord be eroded?
 - How can the example of lament in Psalm 126 help us pray to the Lord with confidence, even if our future feels bleak?
4. The pattern in Psalm 126 is tears first then joy. How can understanding this pattern help us?
5. V. 1 reminds us that the Lord restored Zion (Jerusalem). How can this psalm help us when we feel discouraged about the fortunes of the people of God today (the church)?