



A Worship Discussion Guide for Individuals, Groups & Families for the week of August 2, 2026

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

Psalm 120 Deliver Me, O LORD

The Psalms of Ascents are the group of fifteen prayers found in Psalms 120-134. This collection of songs was sung by pilgrims traveling to Jerusalem for the three annual Feasts of Passover, Weeks, and Tabernacles ([Exo. 23:14-17; Deut. 16:16](#)).

Psalm 120 is the first of the Psalms for Pilgrims. It begins the journey by acknowledging a painful reality: God's people live in a world marked by deception, hostility, and longing for peace. As Christians, we read this Psalm through the lens of Christ, who is the faithful Pilgrim, the Prince of Peace, and the One who delivers us from the distress of sin into the heavenly Jerusalem.

Psalm 120. A Song of Ascents.

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

- The Psalmist cries out to the Lord in his distress (1). **What distress have you faced this week? What effect has that distress had on you?**
- The Psalmist suffers slander and deception (2-4). **How does God need to deliver you from deception—in society, relationships, or your own heart?**
- It is hard to live as God's people in a place that doesn't feel like home (5). Meshech (*modern Türkiye*) was far north of Israel known for war. Kedar (*modern Syria/Jordan*) was a powerful tribe of Arab nomads in the desert east of Israel known for belligerence. **What challenges and temptations are you dealing with as a follower of Jesus in a hostile world?**
- The Psalmist lives in a world that hates peace (6-7). Jesus lived here, too. **How did Jesus dwell among haters and speak for peace?**
- Which aspect of Psalm 120 most describes your life right now: *distress, deception, exile, conflict, or hope?* **How does Christ's suffering, resurrection, and promise of the New Jerusalem strengthen you to endure present difficulties?**
- The Christian life is also a journey through a broken world toward the heavenly city. Our Lord, Jesus Christ, leads us in this journey ([Hebrews 12:2](#)). **Pray together in light of this week's Psalm.**