



A Worship Discussion Guide for Individuals, Groups & Families for the week of August 16, 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 122 Let Us Go to the House of the 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 annual Feasts of Passover, Weeks & Tabernacles (Exo. 23:14-17; Deut. 16:16).

Psalm 122 is the third of the Psalms for Pilgrims. The pilgrims arrive in Jerusalem and rejoice together in worship. Yet this Psalm points beyond the earthly city to something greater. Jesus is the true Temple (John 2:19-21), the King greater than David, and the One who gathers His people to worship Him face-to-face in into the heavenly Jerusalem (Hebrews 12:22-24).

Psalm 122. A Song of Ascents. Of David

¹ I was glad when they said to me,
“Let us go to the house of the LORD!”

² Our feet have been standing
within your gates, O Jerusalem!

³ Jerusalem—built as a city
that is bound firmly together,
⁴ to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,
to give thanks to the name of the LORD.

⁵ There thrones for judgment were set,
the thrones of the house of David.

⁶ Pray for the peace of Jerusalem!
“May they be secure who love you!”

⁷ Peace be within your walls
and security within your towers!”

⁸ For my brothers and companions' sake
I will say, “Peace be within you!”

⁹ For the sake of the house of the LORD our God,
I will seek your good.

- The Psalmist experiences gladness at the invitation to go to the house of the LORD and he's been standing ready (1-2). **What makes worship a joy rather than an obligation? What prepares you to meet with God each Sunday?**
- Jerusalem united God's people around God's presence. Jesus Christ gathers believers from every nation into one body (3-4). **Why is it so tempting for us to see the assembly of God's people as optional or personal?**
- Jerusalem was not only the center of worship, but also the seat of righteous rule. Jesus now reigns as the greater Son of David, establishing justice, mercy, and righteousness through His Kingdom (5). **How does it encourage you today that King Jesus reigns?**
- The peace of Jerusalem means far more than the absence of conflict (6-9). It means wholeness, flourishing, reconciliation, and life under God's blessing. Jesus fulfills this prayer by making peace with God through His Cross and creating peace among His people. **Where do you most need to trust Christ's peace today—in your heart, your family, our church, your work, or your community?**
- Psalm 122 reminds us that Christ calls us into a worshipping community, where we gather with joy around His presence, submit to His gracious reign, and pursue His peace together. **Pray Psalm 122 out loud together, and then pray with one another.**