



A Worship Discussion Guide for Individuals, Groups & Families for the week of August 23, 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 123 Our Eyes Look to the LORD Our God

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 (Exodus 23:14-17; Deuteronomy 16:16).

Psalm 123 is the fourth of the Psalms for Pilgrims. Having arrived in Jerusalem (Psalm 122), the pilgrims now lift their eyes above Jerusalem to the God who reigns. The Psalm is a prayer for people who have grown weary of ridicule, contempt, and opposition. When the world scorns us, we depend upon the mercy of God. We are pointed to Jesus, who endured contempt without returning it, and entrusted Himself to the Father (I Peter 2:23). He now reigns in heaven as the merciful King to whom we lift our eyes.

Psalm 123. A Song of Ascents.

¹To you I lift up my eyes,

O you who are enthroned in the heavens!

²Behold, as the eyes of servants

look to the hand of their master,

as the eyes of a maidservant

to the hand of her mistress,

so our eyes look to the LORD our God,

till he has mercy upon us.

³Have mercy upon us, O LORD, have mercy upon us,
for we have had more than enough of contempt.

⁴Our soul has had more than enough
of the scorn of those who are at ease,
of the contempt of the proud.

- The Psalmist looks to the God who reigns above, instead of fixing his eyes on his circumstances (1-2). **When do you tend to set your gaze on your circumstances? Why?**
- The Psalmist keeps looking for to the LORD until He responds in mercy (2-3). **In what area of your life are you waiting for God's mercy?**
- The Psalmist has had more than enough of the pain of contempt (3-4). **What is so terrible about contempt and scorn? What temptations do you experience when you are disdained by others?**
- No one experienced contempt more profoundly than Jesus ([Mark 9:12](#); [I Peter 2:23](#)). He was despised, rejected, mocked, and crucified for our salvation. **How does it encourage you in your current suffering that Jesus knows and bears your contempt and shame?**
- Psalm 123 reminds us that we do not live for the approval of others, but by the mercy of God. Our eyes are fixed not on those who despise us, but on the Savior who loves us. Jesus looked continually to His Father, endured the world's contempt without retaliation, and secured mercy for sinners through His death and resurrection. **Pray Psalm 123 out loud together, and then pray with one another.**

