



A Worship Discussion Guide for Individuals, Groups & Families for the week of August 30, 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 124

Our Help is in the Name 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 (Exodus 23:14-17; Deuteronomy 16:16).

Psalm 124 is the fifth of the Psalms for Pilgrims. After looking to God for mercy (Psalm 123), the pilgrims remember God's deliverance and how dependent they are upon His saving grace. David's Psalm is fulfilled in Jesus Christ, who has delivered us from sin, death, and our adversary, the devil.

Psalm 124. A Song of Ascents. Of David.

¹If it had not been the LORD who was on our side—
let Israel now say—
²if it had not been the LORD who was on our side
when people rose up against us,
³then they would have swallowed us up alive,
when their anger was kindled against us;
⁴then the flood would have swept us away,
the torrent would have gone over us;
⁵then over us would have gone
the raging waters.
⁶Blessed be the LORD,
who has not given us
as prey to their teeth!
⁷We have escaped like a bird
from the snare of the fowlers;
the snare is broken,
and we have escaped!
⁸Our help is in the name of the LORD,
who made heaven and earth.

- The Psalmist imagines life without the LORD's help, and concludes that His people would have been destroyed (1-5). Every believer has a similar testimony: apart from Christ, we would be lost. **How did Jesus find you? Where have you seen His protection and deliverance in your life?**
- Floodwaters are a metaphor for the opposition and trouble that threaten to overwhelm God's people (4-5). **What "torrent" are you facing in this season of life? Fear, temptation, illness, grief, pressures, conflict, or something else?**
- The Psalm's images shift from floods to wild beasts and hidden traps (6-7). Christ delivers His people from all of God's enemies and the unseen bondage of sin. **What "snare" has been a common threat for your soul (pride, anxiety, comfort, bitterness, approval, fear, etc.)? How does the Gospel promise you that Jesus provides an escape from these snares?**
- The Psalm concludes that the LORD is our Help and our Maker (8). **Which of these two attributes of the LORD is most precious to you today. Why?**
- Psalm 124 tells us that one of the most important spiritual discipline is *remembering*. God's people look back, not to live in the past, but to strengthen their confidence for the future. Every deliverance in Israel's history points to the greater deliverance accomplished by Jesus Christ. At the cross, Christ entered the floodwaters of God's judgment that we deserved. He submitted to death's snare so that we might go free. Through His resurrection, He broke every trap that Satan, sin, and death could set for God's people. **Pray Psalm 124 out loud together, and then pray with one another.**