



A Worship Discussion Guide for Individuals, Groups & Families for the week of September 6, 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 125

Abides Forever

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 125 is the sixth of the Psalms for Pilgrims. After remembering God's deliverance in Psalm 124, the pilgrims now consider what it means to live securely in God's care. The Psalm contrasts those who trust in the LORD with those who turn toward crooked ways.

Psalm 125. A Song of Ascents.

- ¹Those who trust in the LORD are like Mount Zion,
which cannot be moved, but abides forever.
- ²As the mountains surround Jerusalem,
so the LORD surrounds his people,
from this time forth and forevermore.
- ³For the scepter of wickedness shall not rest
on the land allotted to the righteous,
lest the righteous stretch out
their hands to do wrong.
- ⁴Do good, O LORD, to those who are good,
and to those who are upright in their hearts!
- ⁵But those who turn aside to their crooked ways
the LORD will lead away with evildoers!
Peace be upon Israel!

- The Psalmist saw that Mount Zion was immovable, and this was a metaphor for those who trust in the Lord (1). **In what sense are believers like Mount Zion?**
- The surrounding mountains are yet another witness to the Lord (2). **In what way? What current situation in your life makes you feel vulnerable or unsteady? What do you need that only God could do in the midst of that situation?**
- The Psalmist sees that God's people will endure temptation (3). **What particular temptation did the Psalmist see? What spiritual pressure are you facing in your life?**
- The Psalm contrasts trusting the Lord's good and turning aside into crooked ways (4-5). **What good thing does Jesus have for you in your life and trials these days?**
- The Psalm ends with a prayer for peace (5). While today's problems may not disappear, Jesus Christ, who now reigns from heaven will one day make all things new. **How does the promise of Christ's coming Kingdom strengthen you in the face of today's struggles?**
- In Psalm 125, the mountains surrounding Jerusalem provide a beautiful picture of God's strength and protection. In Jesus Christ, God Himself entered the insecurity of our fallen world. He was forsaken, that we might never be forsaken. He was shaken that those who trust Him might ultimately be unshakable. **Pray Psalm 125 out loud together, and then pray with one another.**