



A Worship Discussion Guide for Individuals, Groups & Families for the week of September 13, 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 126

Restore Us, 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 annual Feasts of Passover, Weeks & Tabernacles (Exodus 23:14-17; Deuteronomy 16:16).

Psalm 126, the seventh of the Psalms for Pilgrims, finds its ultimate fulfillment in Jesus Christ. Through His death and resurrection, God has accomplished the greatest restoration imaginable. We live between Christ's resurrection and the final restoration of all things. We therefore rejoice, we weep, we pray, and we sow—confident that Christ will one day bring to full fruition what He has begun.

Psalm 126. A Song of Ascents.

- ¹When the LORD restored the fortunes of Zion,
we were like those who dream.
- ²Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
“The LORD has done great things for them.”
- ³The LORD has done great things for us;
we are glad.
- ⁴Restore our fortunes, O LORD,
like streams in the Negeb!
- ⁵Those who sow in tears
shall reap with shouts of joy!
- ⁶He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

- The Psalmist remembers the LORD's past faithfulness (1-3). **Why is it important to remember God's faithfulness? Share a way God has proven faithful to you.**
- **What is the fruit of remembering the LORD's past faithfulness for the Psalmist? (2-3)**
- The LORD's past faithfulness strengthens the Psalmist for today. **What words describe the current situation of God's people (4-6)? What is the reason for the pilgrim's grief?**
- **What words describe the future expectations of God's people (4-6)? What is the reason for the pilgrim's hope?**
- **What griefs do you bear in your own life?**
- **What does Jesus do with your tears? What does the Gospel promise in light of your tears, brokenness, and losses?**
- In this life, we will “sow in tears” (5). **What seeds are you sowing as you lean into God's promised future?**
- Psalm 126 teaches us to live between what Christ has accomplished and what He has promised. We look back and rejoice that Jesus died and rose again. We look around and weep in a world still broken. We look upward and pray “Restore us, O Lord.” We look forward in the hope that Christ will come again, that we shall be raised, and that He will make all things new. **Pray Psalm 126 out loud together, and then pray with one another.**