



## A Worship Discussion Guide for Individuals, Groups & Families for the week of October 4, 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 129

### Oppression

*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 129, the tenth of the Psalms for Pilgrims, remembers the long history of the affliction of God's people--yet they have not been destroyed. This pilgrim song leads us to Jesus Christ, the Suffering Servant. Christ was afflicted, rejected, beaten, crucified, and rose again. His disciples will follow Him.*

#### Psalm 129. A Song of Ascents.

- <sup>1</sup> "Greatly have they afflicted me from my youth"—  
let Israel now say—
- <sup>2</sup> "Greatly have they afflicted me from my youth,  
yet they have not prevailed against me.
- <sup>3</sup> The plowers plowed upon my back;  
they made long their furrows."
- <sup>4</sup> The LORD is righteous;  
he has cut the cords of the wicked.
- <sup>5</sup> May all who hate Zion  
be put to shame and turned backward!
- <sup>6</sup> Let them be like the grass on the housetops,  
which withers before it grows up,
- <sup>7</sup> with which the reaper does not fill his hand  
nor the binder of sheaves his arms,
- <sup>8</sup> nor do those who pass by say,  
"The blessing of the LORD be upon you!  
We bless you in the name of the LORD!"

- Israel looks at her history and sees a pattern: **affliction came repeatedly; but God preserved His people (1-2).** How has God sustained you through suffering?
- **What image does the Psalmist use to communicate how the LORD's people have suffered violence and oppression (3)?**
- That image brings Christ's suffering to mind. Jesus was beaten and scourged before His crucifixion. **How does knowing that Jesus experienced suffering strengthen you in your suffering? How is Christ's suffering unique?**
- The righteous LORD has cut the cords of the wicked (4). **What does that image communicate?**
- The Psalmist longs for justice, even as he must trust that vengeance in God's hands (5-8). **What is the difference between wanting justice and wanting revenge?**
- Where is one place in your life you see of bear injustice? **What does it look like to entrust the injustice to the LORD?**
- How exactly does the LORD execute divine justice?
- Read the Psalm 129 together again, and use it as a guide for a time of prayer.

