A Worship Discussion Guide for Individuals, Groups & Families
for the week of November 1, 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 133 *Unity*

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 133, the fourteenth of the Psalms for Pilgrims, celebrates the goodness of God's people living together in rich fellowship.

This Psalm finds its fulfillment in Jesus Christ, who reconciles us to God and brings people who were once divided into one family. Christian unity is a reality established through union with Christ, and His people are set free to love one another as He has loved them.

Psalm 133. A Song of Ascents. Of David.

1 Behold, how good and pleasant it is
when brothers dwell in unity!
2 It is like the precious oil on the head,
running down on the beard,
on the beard of Aaron,
running down on the collar of his robes!
3 It is like the dew of Hermon,
which falls on the mountains of Zion!
For there the Lord has commanded the blessing,
life forevermore.

- **What is Christian unity? Why is unity so precious to David? (1)**
- **The Psalmist uses two metaphors to describe our practice of unity. What are the two images, and what does each communicate? (2-3a)**
- **What things can be a strain on our unity in the Church?**
- **What practices strengthen our sense of unity in the Church?**
- **What is the relationship between Christian unity and union with Christ?**
- **David conclude the Psalm with the community receiving the blessing of "life forevermore" (3b). What connection does David see between the Church and eternal life?**
- **Take time to value the relationships in the room right now. How do you see Christ in each person? What gifts has the Sprit given them? How is Jesus using them? Why are you grateful for them?**
- **Read Psalm 133 together again, and use it as a guide for a time of prayer. Thank God for one another. Pray for unity of the Church, and for delight in living as one with Christ and one another.**