Psalms *for* Pilgrims

A Worship Discussion Guide for Individuals, Groups & Families
for the week of November 8, 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 134 *Bless & Blessed*

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 134 is the final of the Psalms for Pilgrims. The journey to Jerusalem is complete, and the servants of the Lord worship through the night and call one another to bless the Lord. It ends with a blessing flowing from God Himself. Through Jesus Christ, our worship is an acceptable sacrifice, and God's blessing comes to us as we gather together to glorify our LORD and Maker.

Psalm 134. A Song of Ascents.

1 Come, bless the LORD, all you servants of the LORD,
who stand by night in the house of the LORD!
2 Lift up your hands to the holy place
and bless the LORD!
3 May the LORD bless you from Zion,
he who made heaven and earth!

- **What does it mean to be "blessed"?**
- **How do we "bless the LORD"? Since God lacks nothing, what do we offer Him through our blessing? (1a)**
- **Who are the servants "who stand by night in the house of the LORD"? (1b)**
- **What is the purpose of lifting hands to the holy place? (2)**
- **The Psalmist sees a beautiful, reciprocal relationship between the worshippers and the LORD. Consider your own participation in gathered worship each Sunday. How do we participate in blessing LORD? What blessings do we receive from joining God's people for worship?**
- **The Psalmist identifies the LORD as "he who made heaven and earth" (3). There are things in our lives that only our God and Maker can do. What blessings are you asking the LORD for these days?**
- **Read Psalm 134 together again, and use it as a guide for a time of prayer. Bless the LORD. Tell His of His greatness and thank Him. Ask Him for the blessings you need. Our God lives to bless us.**