



## A Worship Discussion Guide for Individuals, Groups & Families for the week of September 27, 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 128

### Peace Be

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 128, the ninth of the Psalms for Pilgrims, describes the blessing of a life ordered around the Lord: faithful work, family, community, and peace. In Christ, we discover that fearing the Lord means trusting, loving, obeying, and delighting in the One who first loved us. Psalm 128 also leads us to long for the blessing of belonging to Christ and sharing in His eternal Kingdom.

#### Psalm 128. A Song of Ascents.

- <sup>1</sup> Blessed is everyone who fears the LORD,  
who walks in his ways!
- <sup>2</sup> You shall eat the fruit of the labor of your hands;  
you shall be blessed, and it shall be well with you.
- <sup>3</sup> Your wife will be like a fruitful vine  
within your house;  
your children will be like olive shoots  
around your table.
- <sup>4</sup> Behold, thus shall the man be blessed  
who fears the LORD.
- <sup>5</sup> The LORD bless you from Zion!  
May you see the prosperity of Jerusalem  
all the days of your life!
- <sup>6</sup> May you see your children's children!  
Peace be upon Israel!

- What is the difference between being afraid of God and “fearing the LORD”? (1)
- Psalm 128 remembers the creation of Man recorded in [Genesis 1:26-31](#). How is that creation account connected to this pilgrim song?
- Work in the fallen world involves frustration and pain for us ([Genesis 3:17-19](#)). Yet, the Psalmist sees good things for the people of God in their labors. What does he see? What does he mean? (2)
- The Psalmist then presents a vision for the home. What does he see? What does he mean? (3-4)
- There would be no need for these blessings if they were not felt as longings by God's people (5-6). What promised blessings from the LORD are you longing for? What do you do with those longings?
- Psalm 128 widens in scope from a single household to the entire people of God. The blessing of an individual family is connected to the peace and flourishing of God's covenant community: His Church. How is Jesus Christ the fulfillment of the blessings of Psalm 128?
- Read Psalm 128 together again, and use it as a guide for a time of prayer.