

Dec 12 - Psalm 126 "Sowing in Sorrow, Reaping in Joy"

1. We all yearn for joy. Why is it that joy seems so elusive?

Read Psalm 126

2. The psalm reflects both overflowing joy and the sorrow of a life likened to a dry arid desert. This reveals to us that life is the intermingling of joy and sorrow. In the sermon Tim proposed that this is a truth we shouldn't just accept but rather embrace. Why? because Jesus, who reveals to us what it is to live a truly human life, was a man who embraced fully both joy and sorrow. Where do we see this in the life of Jesus? What impact did that have on those around him?
3. How does coming to know and follow Jesus both deepen our joy and deepen our sorrow?

(vs. 5-6) The Psalmist invites us to sow our sorrows, to do something intentional with our tears to reap a harvest of joy.

4. This reveals to us that there is a way to waste our tears, we come through the other side with nothing to show for it. What are some of the ways we waste our tears?
5. The psalmist in their sorrow sows their tears by both looking back and looking forward. The psalmist looks back to the character and work of God displayed in history (vs 1-3), and also looks forward (vs. 4) to the promise that God would flood the earth with new creation. How does this posture of looking back at God's character and work most notably in the person and work of Jesus, and looking forward for the realization of his promises sow our tears for a harvest of joy?
6. What have you learned from this psalm that can help you "pray your sorrows"?