

# The Psalms of Ascents: Psalms 128 - 129

*Sunday, March 12*

## **Psalm 128 (Theme: Blessing)**

- From verse 1, what does “blessed” mean? What does it mean to “fear the Lord” and to “walk in His ways”? (*Isaiah 40: 31; 1 John 5: 3*)
- According to verse 2, what is the source of the happiness that the author references? What does this indicate about how God bestows His blessings?
- Consider the author’s reference to family in verse 3. How does this describe the blessings provided by God?
- According to verse 4, who shall receive blessings from the Lord? (*Psalm 111: 10*)
- Describe the meaning of the author’s reference to the “good” or “prosperity” of Jerusalem in verse 5, and what is the blessing described in verse 6? (*Luke 1: 50*)

## **Psalm 129 (Theme: Perseverance)**

- In verses 1 & 2, what challenges and outcomes are indicated? Why is the first phrase in the psalm repeated?
- Describe the meaning of the illustrations used in verses 3 & 4. (*Jeremiah 30: 8*)
- From verses 5 – 7, describe the illustration provided. How does this reference indicate the outcome for those who oppose God’s people? (*Ecclesiastes 3: 16 – 17; 2 Corinthians 5: 10*)
- How does verse 8 reflect our attitude toward those who oppose us? How does this verse relate to the theme of the previous psalm (specifically Psalm 128: 4)? (*Psalm 34: 15 – 16*)

**Continued on Back**

# The Psalms of Ascents: Psalms 130- 131

*Wednesday, March 15*

## **Psalm 130 (Theme: Hope)**

- Describe the situation portrayed in verses 1 & 2. What does this reference teach us about prayer, and why is this such a meaningful way to start this psalm? (*Philippians 4: 6 – 7*)
- What point about God's forgiveness is made by the author in verses 3 & 4? How does God's willingness to forgive our sins lead to hope? (*Isaiah 43: 25; Luke 1: 76 – 77*)
- From verse 5, what does it mean to "wait" for the Lord, and what is the source of true hope? (*Isaiah 30: 18; Psalm 33: 20 – 22*)
- Describe the reference to "those who watch" or "watchmen" from verse 6. How does this illustration relate to our response to the hope that God provides?
- In verses 7 & 8, what attribute of God is described as the source of the hope that He provides, and how is the outcome of that hope described? (*Romans 3: 24 – 26*)

## **Psalm 131 (Theme: Humility)**

- How would you characterize the type of person that the author describes in verse 1? How do these characteristics apply to a faithful Christian? (*Philippians 2: 3; Romans 12: 16; Titus 2: 11 – 12*)
- Describe the reference to a "weaned child" provided in verse 2. What does this reference indicate about our relationship with God? (*Isaiah 49: 15; Hebrews 5: 12 – 14*)
- In verse 3, how does the author's statement regarding hope serve as an appropriate conclusion to this brief psalm?