



shofar
christian church

Song of Ascents - Psalm 126

A Life of Joy

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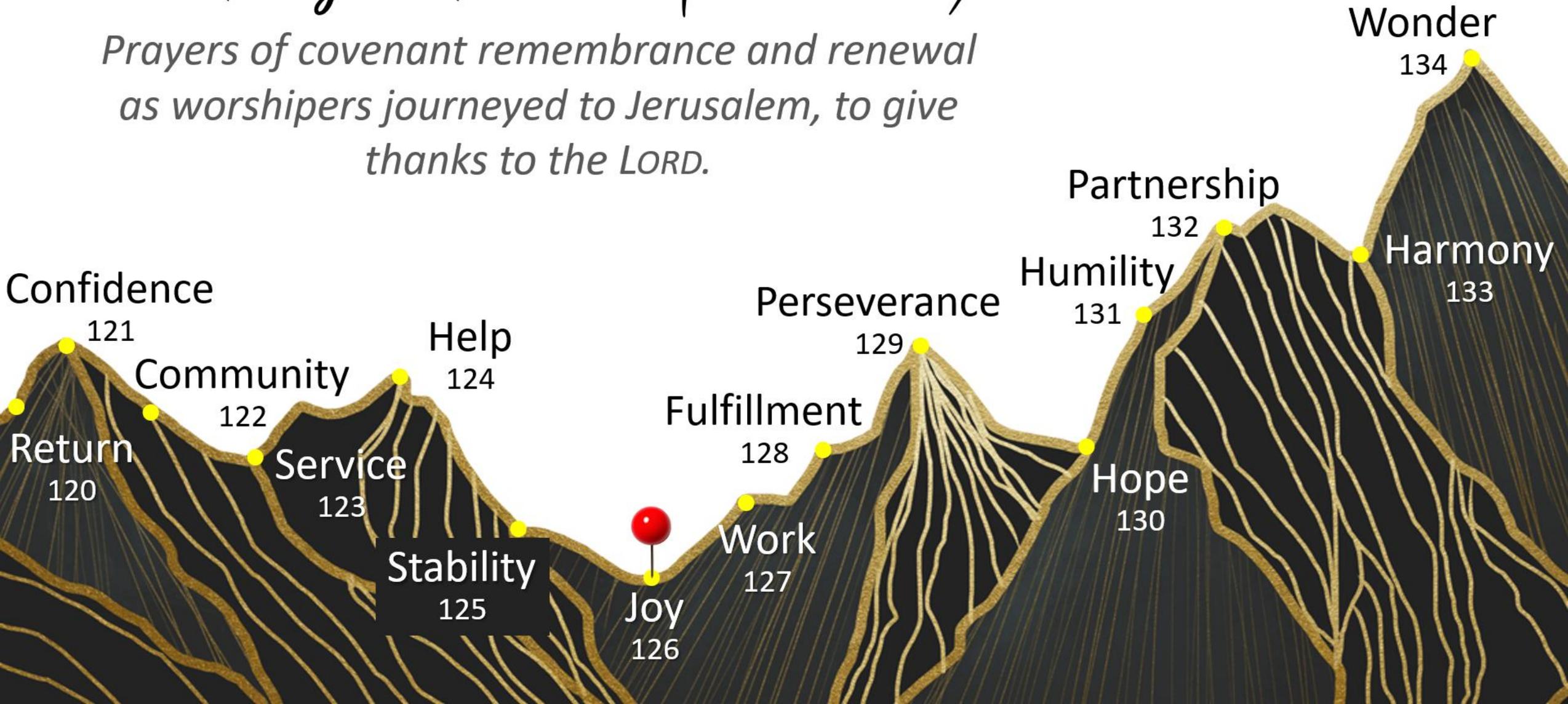
9:45 Service

shofaronline.org/durbanville



The Pilgrim Psalms (120-134)

*Prayers of covenant remembrance and renewal
as worshipers journeyed to Jerusalem, to give
thanks to the LORD.*





**A PRAYERFUL PILGRIMAGE
INTO A FLOURISHING LIFE**

Psalm 126, NLT

1 When the LORD brought back his exiles to Jerusalem,

it was like a dream!

*2 We were filled with laughter,
and we sang for joy.*

And the other nations said,

"What amazing things the LORD has done for them."

*3 Yes, the LORD has done amazing things for us!
What joy!*

Psalm 126, NLT

*4 Restore our fortunes, LORD,
as streams renew the desert.*

*5 Those who sow in tears
will harvest with shouts of joy.*

*6 They weep as they go to plant their seed,
but they sing as they return with the harvest.*



**A PRAYERFUL PILGRIMAGE
INTO A FLOURISHING LIFE**

Psalm 124

A Life of Help



Psalm 124

A Life of Help





Understand Psalm 126

A life anchored in joy

“Our brains desire joy
more than any other thing.”

Hendricks & Wilder (2020).

“We live our lives in pursuit of joy.”

J.K.A. Smith (2009)



Understand Psalm 126

A life anchored in joy

“Joy is the crown of the good life”

*- Jurgen Moltmann (2015)
(cf Matt. 25:21)*

Joy: the emotional dimension of the good life:

- Life going well | lived well | that feels good
righteousness | peace | joy



Joy'ology

“A response to having been united to something we love”

– Thomas Aquinas

- Joy requires “a blessing” (attunement).
- Joy can be robbed/ missed (perception).
- Joy delights in “good” (morality).
- Joy is eternity-seeking (activist).
- Joy seeks company (community-building).



Reflect on Psalm 126

We sang for joy

Psalm 126, NLT

*4 Restore our fortunes, LORD,
as streams renew the desert.*

*5 Those who plant in tears
will harvest with shouts of joy.*

*6 They weep as they go to plant their seed,
but they sing as they return with the harvest.*



Reflect on Psalm 126

“The eye is the lamp of the body” Matt. 6:22-23

*“Joy comes from the awareness of good.”
(Miroslav Volf, 2015)*

Joy because 1. (*“return with harvest”*)

2. (*“brought back exiles”*)

Joy despite (*“sow in tears – reap with joy”*)

(Marianne Meye Thompson, 2015)

Blessing | Salvation | Hope



Reflect on Psalm 126

“The eye is the lamp of the body” Matt. 6:22-23

“Rejoice in hope. Be patient in tribulation.”

Romans 12:12

- Joy and suffering:
 - Some rejoice while others suffer.
 - Some rejoice because other suffers.
 - Some suffer so that others may rejoice.
 - Some rejoice in spite of suffering.
- “Joy despite” is possible on account of “Joy because” (...some good is here/ near)

Yahweh is ours! Our help comes from him!



Responding to Psalm 126

“Taste and see that the Lord is good!”

*“Those who sow in tears
will harvest with shouts of joy.” (v. 5)*

- Promise: a life anchored in joy
- Prompts:
 - remember God’s goodness
 - reassure God’s goodness

Ecclesiastes : *The Seeker/ Teacher*

Solomon's pursuit of joy "under the sun"
"meaningless" x37

- Experiments
 - *Wisdom (1:13-14)*
 - *Wine (2:1)*
 - *Work (2:4-6)*
 - *Wealth (2:7-8)*
 - *Women (2:8)*
- Observations