

A moment to reflect on your own...

When thinking about:

looking up... looking back... and looking forward
which ones comes easiest for you? Why?

Which one is more difficult/quickly forgotten? Why?

Christ the song teacher

Don't rush! Come back in your own time to the others.

Why not do the one you said was most difficult for you...

Look up – to the one enthroned in heaven!

1 Peter 2:23; Hebrews 5:7; Matthew 26:38-39



What do we learn about Jesus, when he was in times of trial?

How does that encourage us? How does it challenge us (*if even he had to pray!*)?

Look back – to God's deliverance in the past!

Romans 8:31-33; Romans 5:9-10



How does God's deliverance in the past, give us confidence for today, and the future?

Look forward – with unshakeable hope!

John 17:24; John 10:27-29; Revelation 3:7-8



How do these passages help us to look forward with unshakeable hope, esp as we think about where Jesus is today.

Songs for the Journey

Psalms 123-125



Surviving.....or thriving?

Look up to the one enthroned in heaven (Psalm 123)

Look back to God's help in the past (Psalm 124)

Look forward with unshakeable hope (Psalm 125)

Psalm 123 look up to the one enthroned in heaven

Option 1 (big picture) or option 2, over the page

Psalms 1 and 2 are the 'headline' psalms for the whole book – their verses/phrases/themes come up time and again, throughout the book.

Have a look through Psalm 2 - who are the main characters? What are they doing?

Given the triplet, why does the psalmist bring in Psalm 2 phrases and imagery (esp Psalm 2:4+123:1 and Psalm 2:9+Psalm 125:3)?

What does it mean to lift our eyes to the one enthroned in heaven (Psalm 123:1), and wait for him to act (Psalm 123:2)?

Psalm 123 - Option 2 (going deeper)

Read Psalm 123

Where are the psalmist's eyes set, when facing ridicule and contempt? Why?

In such situations, it's easy to set our eyes on our circumstances instead - what are some of the issues/dangers with that?

What does it look like to have our eyes fixed on the Lord, rather than our circumstances? How will it affect our prayer lives?

Psalm 124 - look back to God's help in the past

Read Psalm 124

When going through difficult times, how much do we look back on God's deliverance in our trials of the past? Why is it healthy to do so?

questions continue across the page...

Psalm 124 continued...

How does looking back to God's ultimate deliverance help us even more? Is that a comfort during times of trial? Why/why not - where are our eyes most fixed?

Psalm 125 - look forward with unshakeable hope

Read Psalm 125

How are mountains used in different ways in this psalm?

What does Psalm 2:6 add to the imagery of Mount Zion (*esp as we're less familiar with this today*)?

Which image do you prefer/chimes with you the most?

In Psalm 123 and 124, we've seen that the journey is far from easy... what is the Christian's confidence? How will this help us along the journey?