



# PSALMS OF ASCENT

SONGS FOR THE JOURNEY

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PSALM 123

June 14, 2026

## SUNDAY REFRESHER

There are seasons when life feels heavier than we expected. The pressures of work, family, finances, health concerns, and the constant noise of the world can leave us feeling discouraged and exhausted. Psalm 123 was written for people who understood that feeling. As pilgrims made their way to Jerusalem, they sang this song to remind themselves that their hope was not found in favorable circumstances but in the God who reigns above them. Before they focused on their problems, they lifted their eyes to the Lord.

One of the most powerful truths in this psalm is that faith is not simply believing God exists. It is learning to depend on Him. The psalmist compares God's people to servants watching their master, waiting for guidance, provision, and mercy. While the world around them was filled with contempt, criticism, and opposition, they chose to keep their eyes fixed on God. When life becomes overwhelming, the answer is not found in trying harder or carrying more. It is found in looking to the One whose mercy is greater than anything we face.

## PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*

## QUESTIONS

- *When life becomes overwhelming, what usually captures your attention first: your circumstances, your fears, or God's faithfulness?*
- *The psalm describes God's people as servants watching their master. What would it look like for you to become more attentive and dependent on God in this season of your life?*
- *Where do you need God's mercy right now, and how might focusing on His faithfulness change the way you view that situation?*

## SCRIPTURE REFERENCES

Psalm 123:1-4 | Psalm 121:1-2 | Deuteronomy 6:4 | Psalm 100:2 | Acts 17:25 | Lamentations 3:22-23

## CONCLUSION

The people who first sang Psalm 123 were not living easy lives. They knew what it felt like to face hardship, opposition, and uncertainty. Yet they also understood a truth that is easy to forget when life gets difficult: God is still on His throne. Their circumstances had not changed, but their perspective had. By lifting their eyes to the Lord, they were reminded that His power, mercy, and faithfulness were greater than anything they faced on the journey.

That same invitation is available to us today. We do not serve a distant God who is unaware of our struggles. Through Christ, we know a Savior who entered our broken world, carried our burdens, and made a way for us to draw near to the Father. Whatever feels overwhelming today, lift your eyes above the circumstances and look to the Lord. His mercy is sufficient, His faithfulness is unchanging, and He is more than enough for every step of the journey.

*Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!*