



PSALMS OF ASCENT

SONGS FOR THE JOURNEY



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PSALM 125

June 28, 2026

SUNDAY REFRESHER

Psalm 125 asks a question that every person must eventually answer: What are you standing on? We all place our trust somewhere. Some trust in money, some in people, some in institutions, and some in themselves. But life has a way of testing every foundation we build. The pressure comes, the unexpected happens, and suddenly what once looked solid begins to move. The Psalmist reminds us that those who trust in the Lord are different. They are like Mount Zion - immovable, enduring, and secure because their foundation cannot be shaken.

The good news of this Psalm is not that followers of God avoid hardship. It is that they are surrounded by a God who never changes. The Lord encircles His people just as the mountains surround Jerusalem. Evil may have its season, suffering may visit for a time, but it will never have the final word over the people of God. Through Christ, we belong to a kingdom that cannot be shaken, and because He bore the weight of sin and death, we can place the full weight of our lives upon Him with confidence.

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

- *What are the things you are most tempted to trust for security apart from God, and how have those things proven to be moveable in your life?*
- *Why do you think God allows the foundations we depend on to be tested, and what can those moments teach us about trusting Him?*
- *What would it look like to place the full weight of your current fears, burdens, or uncertainties upon Christ rather than trying to carry them yourself?*

SCRIPTURE REFERENCES

Psalm 125:1-5 | Proverbs 11:28 | Psalm 20:7 | Jeremiah 17:9 | Hebrews 12:28

CONCLUSION

Every one of us is crossing rivers and streams throughout our lives, stepping onto things we believe will hold us. Some foundations appear strong from a distance but reveal their weakness when the weight finally comes. Money fluctuates, people disappoint us, institutions change, and our own strength eventually reaches its limits. The question is not whether we are trusting in something. The question is whether what we trust can truly bear the weight of our lives.

Psalm 125 reminds us that there is only one foundation that never moves. Jesus Christ has already carried the greatest burden imaginable. He bore our sin, endured the cross, conquered death, and rose again in victory. If He can carry the weight of eternity, He can certainly carry the weight of our present circumstances. Those who trust in the Lord become like Mount Zion - not because they are strong in themselves, but because they are anchored to the One who remains forever immovable.

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!