

# Worship on the Journey

{the songs of ascent}

## The Journey and Trusting God

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Psalm 125

- 1 Those who trust in the LORD are like Mount Zion,  
which cannot be moved, but abides forever.
- 2 As the mountains surround Jerusalem,  
so the LORD surrounds his people,  
from this time forth and forevermore.
- 3 For the scepter of wickedness shall not rest  
on the land allotted to the righteous,  
lest the righteous stretch out  
their hands to do wrong.
- 4 Do good, O LORD, to those who are good,  
and to those who are upright in their hearts!
- 5 But those who turn aside to their crooked ways  
the LORD will lead away with evildoers!  
Peace be upon Israel!

Overview

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Psalm 125 is a psalm about trusting God. In the journey of life we see our vulnerability and weakness. At each point we can either chose to trust in ourselves or to trust in God. The one who trusts in God has the opportunity to rest in his presence and in his protection. Out of that experience we are able to pursue integrity, that is, be the person God has made us to be.

## Introduction

We put trust in multiple objects and people every day. For instance, you trust that the seat you currently sit in will hold you up or you wouldn't have sat on it. In a similar way, we aim to rely on God in every opportunity.

### 1. The one who trusts God [verse 1]

Trusting God is admitting our vulnerability and casting ourselves on him. It is acknowledging that we cannot be God and choosing, rather, to lean on him for all of our needs. Though it means owning how weak we are, in trust we actually become as strong as a mountain that cannot be moved, not because of who we are but because of the one we trust in.

2. rests in his presence and protection [verses 2-3]

God surrounds his people as the mountains surround Jerusalem. He is near. He is present. In his presence he also protects his people. This doesn't mean we never suffer harm; far from it. But come what may, he promises to protect our souls and keep us safe in him.

3. and pursues integrity [verses 4-5]

As we trust God and rest in his presence and protection, we are in a position to submit to him and to do life his way. Integrity in this psalm means to be the person that God is making us to be. We can do good and be upright in heart as we trust in God rather than in ourselves.

1. Define what it means to trust God. That is a word we often use but may struggle to always know what we mean. Describe trust in multiple ways and from various angles.
2. What makes trusting God difficult for us as people?
3. What is a situation you are currently in (interpersonal and/or circumstantial) in which you are trusting God for help? Describe the components of the hardship.
4. How are the reminders of God's presence and protection helpful in that situation? How do they relate? How do they specifically encourage you?
5. How are trust and a life of integrity related? Share a time when you had to trust God with the outcome while doing the right thing though it potentially led to a hard outcome.
6. Is the peace in the last sentence of the psalm something that God does for us or something that we experience by our actions? Explain.