

**PSALM 126**



**PILGRIM SONGS**  
**THE SONGS OF ASCENT**  
**PSALMS 120-134**

1When the LORD brought back the captives to Zion,  
We were like men who dreamed.

2Our mouths were filled with laughter  
Our tongue with songs of joy;  
Then they said among the nations,  
“The LORD has done great things for them.”

3The LORD has done great things for us;  
We are filled with joy.

4Restore our fortunes, LORD, Like streams in the Negev.

5Those who sow in tears will reap with songs of joy.

6He who goes out weeping, carrying seed to sow  
Will return with songs of joy,  
carrying sheaves with him. *(Ps 126 NIV)*

# Recalling the Past: We Had Joy

1When the LORD brought back  
the captives to Zion,

We were like men who dreamed.

2Our mouths were filled with laughter  
our tongues with songs of joy ;

Then it was said among the nations,

“The LORD has done great things for them.”

# Reporting on the Present: Where is the Joy?

- 3 The LORD has done great things for us; We are filled with joy.
- 4 Restore our fortunes, O LORD, Like the streams in the Negev.

## Recognizing Realities and Receiving Assurance of Future Joy

- 5 Those who sow in tears  
will reap with songs of joy.
- 6 He who goes out weeping,  
carrying seed to sow  
will return with songs of joy,  
carrying sheaves with him

# JOY FOR OUR LIFE'S JOURNEY



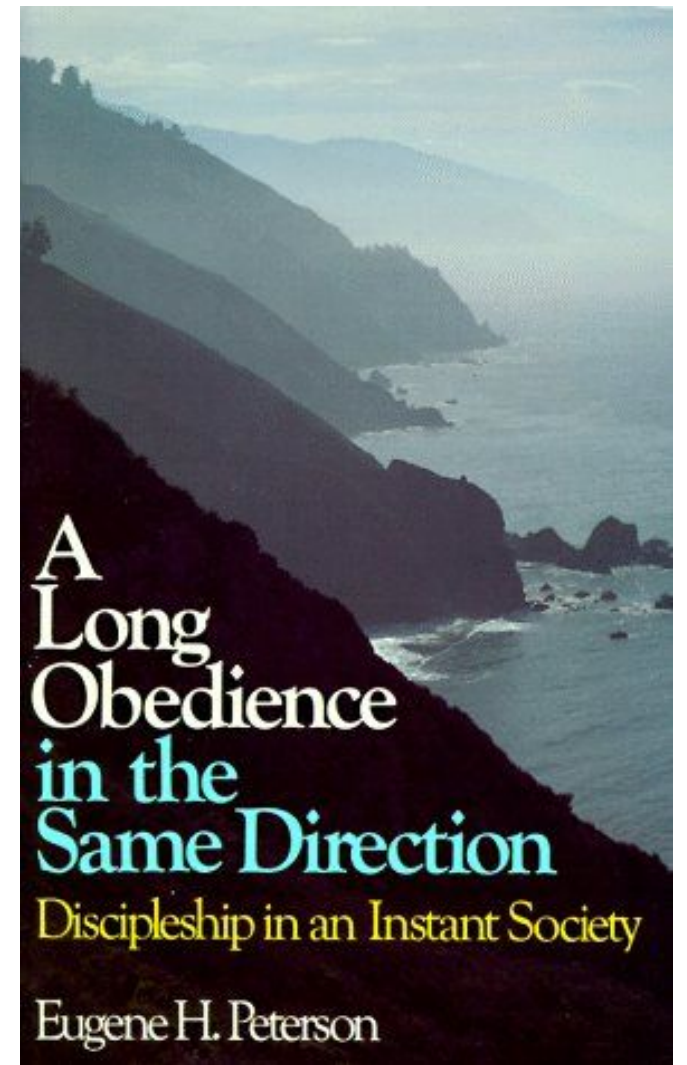
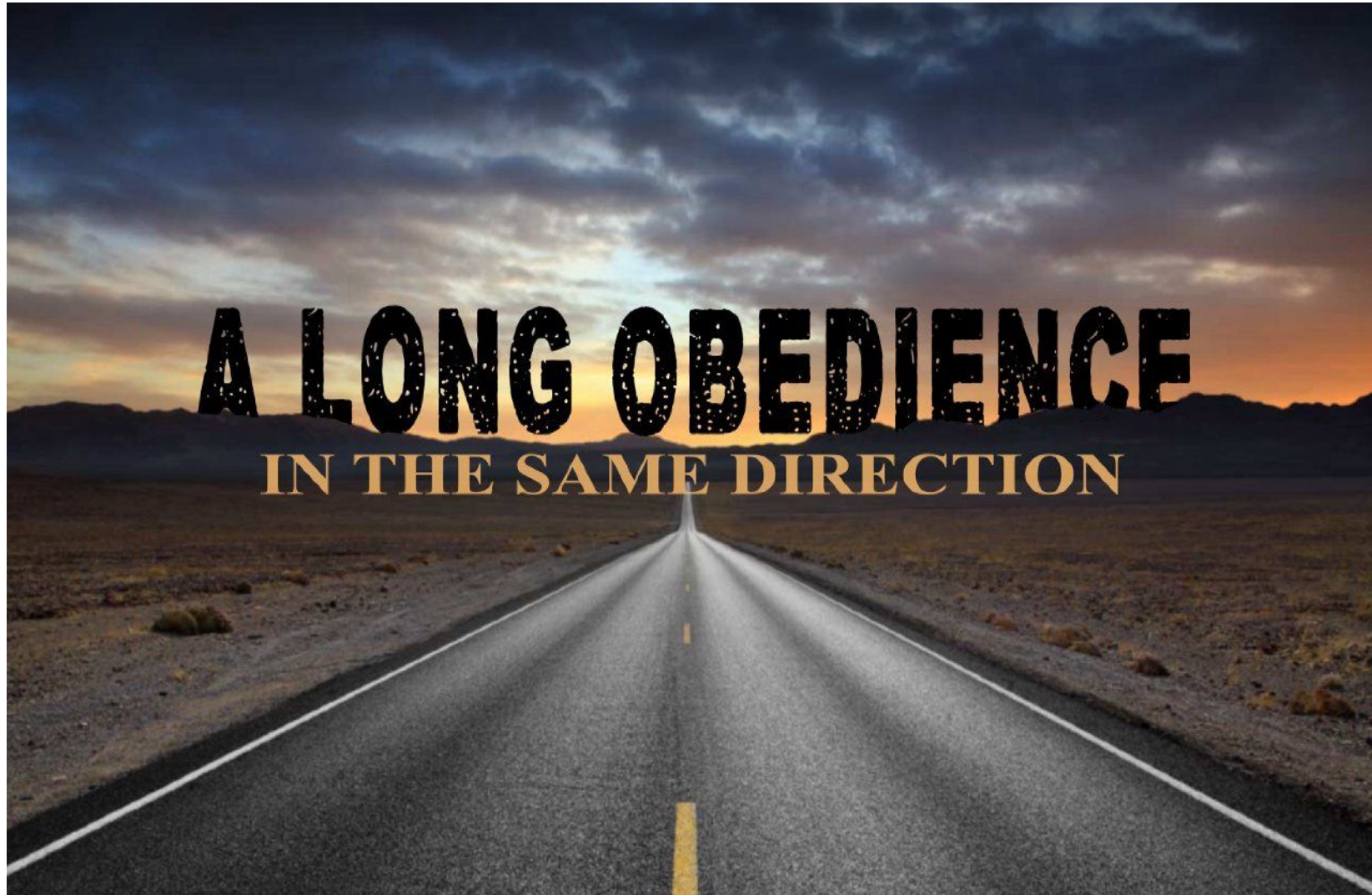


Are more people search for happiness than ever before?



It is reasonable to assume that people are increasingly searching for happiness-related topics today compared to the past... Factors that contribute..

1. ***Growing Awareness***: People have become more aware of the importance of mental well-being, including happiness.
2. ***Changing Priorities***: In recent years, there has been a shift in societal values, with more emphasis placed on personal fulfilment and happiness.
3. ***Mental Health Focus***: Individuals searching for ways to improve their psychological well-being, reduce stress, and find happiness.
4. ***Positive Psychology Movement***: The field of positive psychology has gained popularity, focusing on the study of human happiness, well-being...





1. Joy a *Consequence* of  
God's Redemptive  
Action

2. Joy a *Characteristic* of  
God's People

3. Joy a *Cooperation*  
with God's Law of  
Sowing & Reaping

1When the LORD brought back the captives of Zion,  
We were like those who dream.

2Then our mouth was filled with laughter And our  
tongue with joyful shouting; Then they said among the  
nations, "The LORD has done great things for them."

3The LORD has done great things for us;  
We are joyful.

4Restore our fortunes, LORD, As the streams in  
the South.

5Those who sow in tears shall harvest with  
joyful shouting.

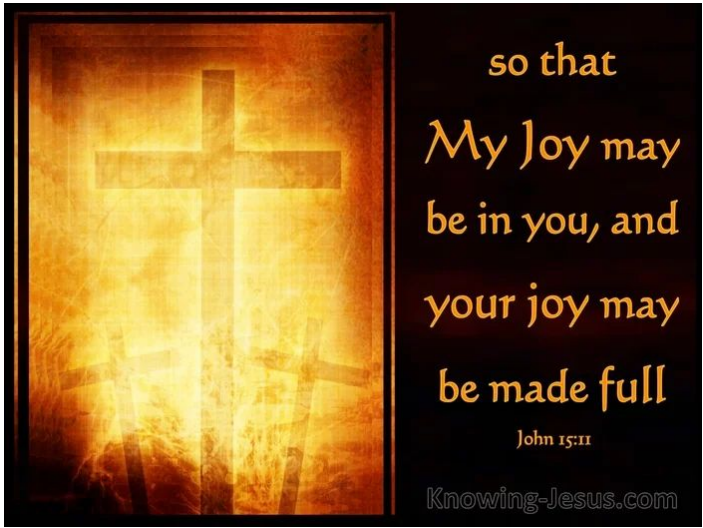
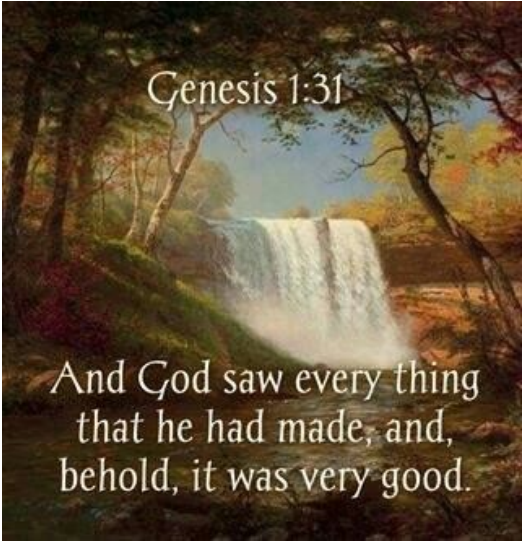
6One who goes here and there weeping,  
carrying *his* bag of seed, Shall indeed come again with a  
shout of joy, bringing his sheaves *with him*.

# Joy a Consequence of God's Redemptive Action

CAPTIVITY

RESTORATION

1When the LORD brought back the captives of Zion,  
We were like those who dream.  
2Then our mouth was filled with laughter And our tongue with  
joyful shouting; Then they said among the nations,  
“The LORD has done great things for them.”

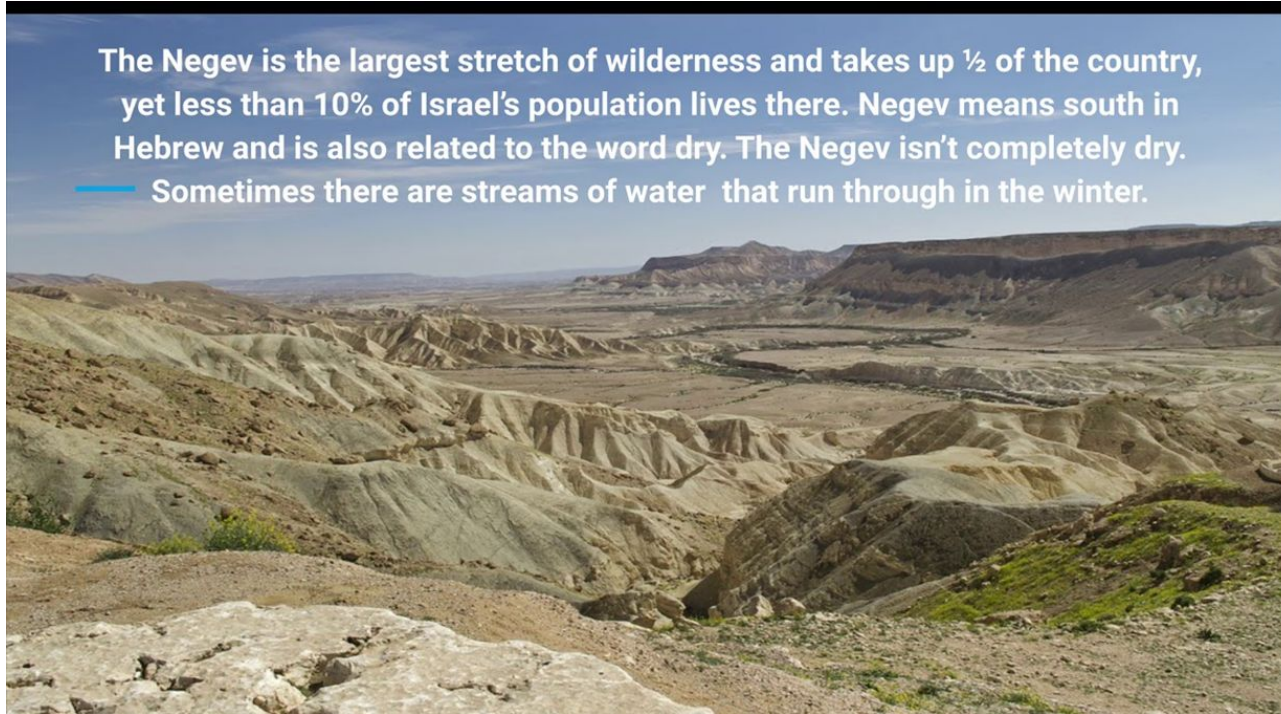


# Joy a Characteristic of God's People

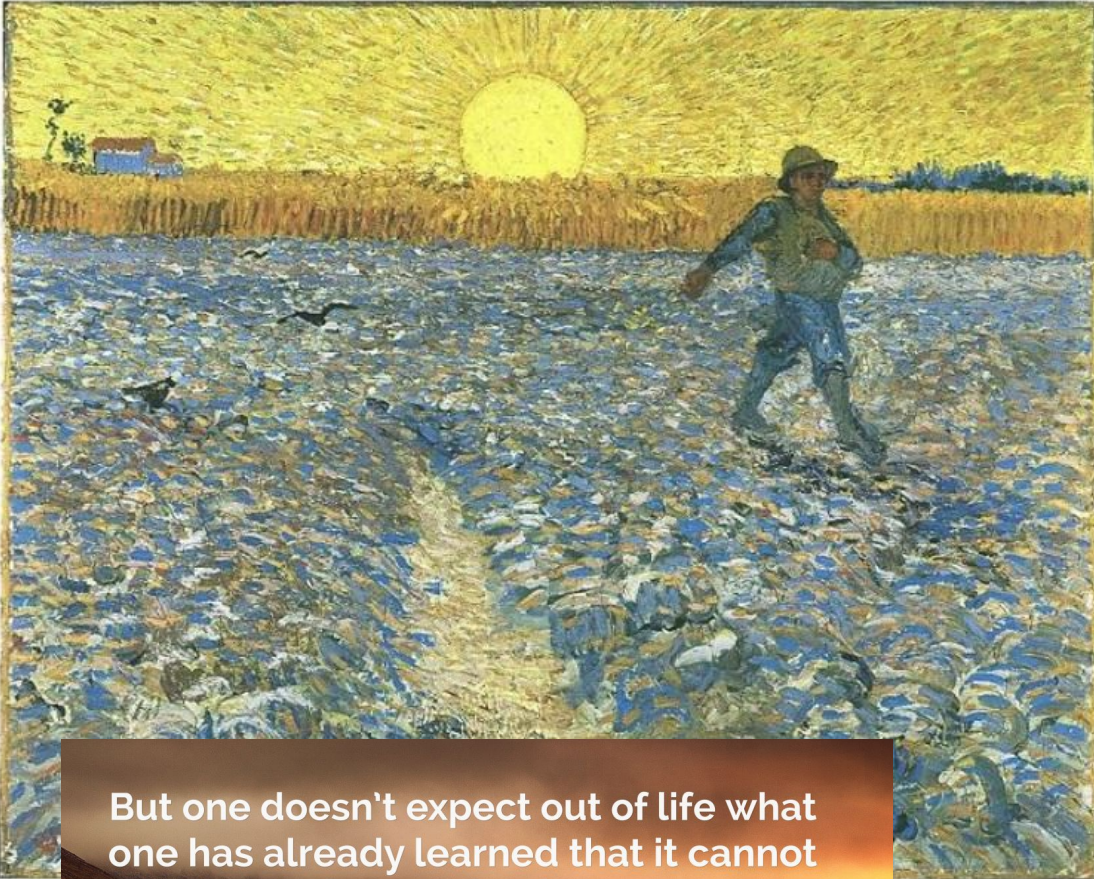
3The LORD has done great things for us; We are joyful.

4Restore our fortunes, LORD, As the streams in the South.

The Negev is the largest stretch of wilderness and takes up  $\frac{1}{2}$  of the country, yet less than 10% of Israel's population lives there. Negev means south in Hebrew and is also related to the word dry. The Negev isn't completely dry.  
— Sometimes there are streams of water that run through in the winter.



## Joy a Cooperation with God's Law of Sowing & Reaping



But one doesn't expect out of life what one has already learned that it cannot give, but rather one begins to see more and more clearly that life is only a kind of sowing time, and the harvest is not here.

*Vincent van Gogh*

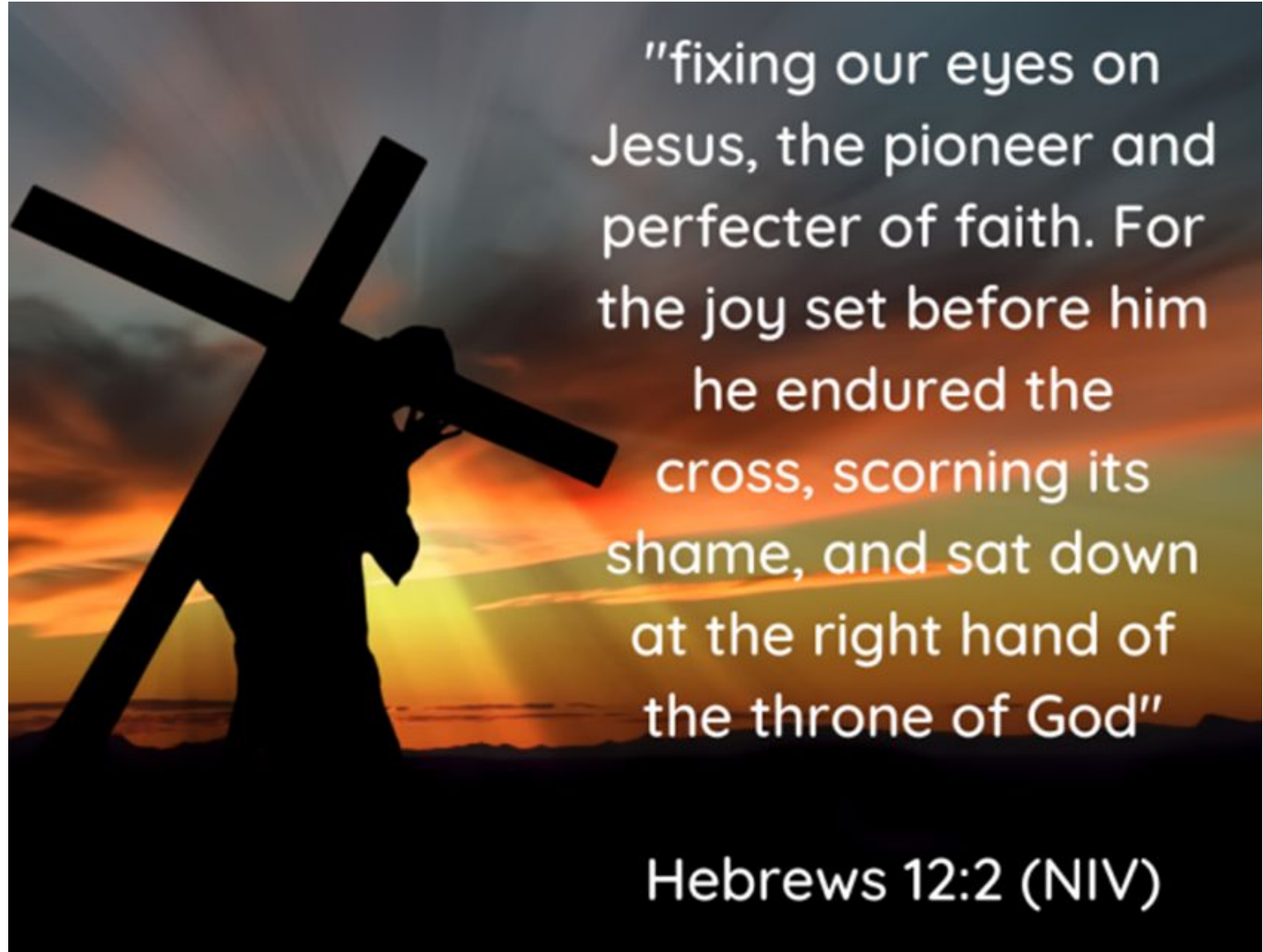
5 Those who sow in tears shall harvest with joyful shouting.

6 One who goes here and there weeping, carrying his bag of seed, shall indeed come again with a shout of joy, bringing his sheaves with him.

**Be not deceived;  
God is not mocked:  
for whatsoever  
a man soweth,  
that shall  
he also reap.**

Galatians 6:7

Sowing with  
Tears  
Because of  
the Reality of  
the Fall  
("...cursed is  
the  
ground..."  
[Gen 3:17])



"fixing our eyes on  
Jesus, the pioneer and  
perfecter of faith. For  
the joy set before him  
he endured the  
cross, scorning its  
shame, and sat down  
at the right hand of  
the throne of God"

Hebrews 12:2 (NIV)

We are Created for Joy  
But Sin Has Infected Us

We are a “Joyful People” because of  
God’s Redemptive Action in Jesus Christ

We are Called to Walk towards  
God as Destination,

We Sow the Seeds that God has given us as  
walk; We Sow with Tears though Blessed with  
Happy & Joyful Moments

But We continue in the same Direction  
Until the Full Harvest takes Place entering into  
Perfect Joy



**Singing All  
the Way**