

Psalm 124 (*msg*)

¹⁻⁵ If God hadn't been for us
—all together now, Israel, sing out!—
If God hadn't been for us
when everyone went against us,
We would have been swallowed alive
by their violent anger,
Swept away by the flood of rage,
drowned in the torrent;
We would have lost our lives
in the wild, raging water.
⁶ Oh, blessed be God!
He didn't go off and leave us.
He didn't abandon us defenseless,
helpless as a rabbit in a pack of snarling dogs.
⁷ We've flown free from their fangs,
free of their traps, free as a bird.
Their grip is broken;
we're free as a bird in flight.
⁸ God's strong name is our help,
the same God who made heaven and earth.

This Week's *Verses*

Psalm 124

1 Peter 3:15

Jude 1:3

Mark 1:17

2 Timothy 2:24-26

Psalm 77:16

Job 38:8-11

Psalm 65:6-7

Job 26:7

Matthew 14:25-27, 31-33

Job 9:8

Habakkuk 3:15

Psalm 18:16

Mark 4:39

Psalm 107:28-30

Witness
Psalm 124

Week 5

Songs of Ascent



Daily Reading

Witness Psalm 124

1Peter 3:15... always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect... The word for “defense” is where we get our modern word apology. Apology meant a defense like you would make in a court of law. The Biblical understanding of APOLOGY is not trying to defend God (or apologize for Him), it is witnessing about the goodness of God. Psalm 124 is an excellent model of how TRUE witnessing takes place because it does not argue God’s help or try to justify it; it is a *testimony* of God’s help in the form of a song. We are to see it and ask, “How do people sing with such confidence that ‘God’s strong name is our help?’” When we understand it, our lives have so much more substance that cause many of our complaints to subside.

Read the Psalm each day as you answer the daily questions.

Day 1 **Reflect:** What would your life or circumstances look like if God wasn’t with you?

Pray: Thank God for His constant presence and active interest in your life.

Day 2 **Reflect:** What are some moments you can remember when God fought for or protected you (sometimes these realizations come years after the event)?

Pray: Praise God for His everlasting strength and deep care for you.

Day 3 **Reflect:** Have you experienced “feeling free” in Christ? What does that look like?

Pray: Ask God to open your heart to experiencing deeper freedom as a result of your new identity in Him.

Day 4 **Reflect:** Spend some time meditating on how the maker of heaven and earth is the same God with you in every circumstance.

Pray: Ask for God to give you a sense of awe at how He transcends time and space to be with you.

Day 5 **Reflect:** After reflecting on God’s strength and trustworthiness, how can you worship Him today in tangible ways?

Pray: Ask God for tangible ways your life can reflect gratitude for what He has done and is still doing.

Community Discussion

As you gather as a community, discuss what you learned through the daily readings.

Have you ever won anything? A board game, a raffle, a sporting event?

What does “winning” feel like?

What are some ways we can focus more on winning people rather than winning arguments?

What have been some of the hardest moments for you in trusting God? How did you handle those situations?

How can those kinds of moments in life transform our worship?

What does it mean to resist defending the actions of God and instead focus on the truth of the Gospel?

Have you ever gotten caught in a trap of trying to explain something God did in the Bible while not understanding it yourself?

Why do you think we feel a need to defend God in ways He does not defend Himself?

What are the “sea monsters” our culture fears today? How can we be a people that demonstrate hope in Jesus?

What are your personal sea-monsters? How can trusting in Christ’s strength defeat that monster?

Songs of Ascent