

Psalm 128 (ESV)

- ¹ Blessed is everyone who fears the Lord,
who walks in his ways!
- ² You shall eat the fruit of the labor of your hands;
you shall be blessed, and it shall be well with you.
- ³ Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.
- ⁴ Behold, thus shall the man be blessed
who fears the Lord.
- ⁵ The Lord bless you from Zion!
May you see the prosperity of Jerusalem
all the days of your life!
- ⁶ May you see your children's children!
Peace be upon Israel!

This Week's *Verses*

Psalm 128

Philippians 4:4

1 Thessalonians 5:16-18

Romans 15:29

Psalm 103:2-5

Deuteronomy 6:4

Acts 3:1

Matthew 26:26-27

Blessing
Psalm 128

Week 9

Songs of Ascent

Daily Reading

Blessing Psalm 128

We must trust that God intends good for us. Robert Roberts says “in a Christian context, there must be gratitude, but in order to be truly grateful, we must believe we are receiving something we did not earn, merit, or deserve.” Eugene Peterson writes, “Being a Christian is what we were created for. The life of faith has the support of an entire creation and the resources of a magnificent redemption.” What he means is that God has repeatedly blessed His children, even though we have run away from Him. God shows up over and over, most notably in the person of Jesus. The meaning behind the cross is blessing, salvation for a lost people. The cross reminds us that God’s purposes are accomplished even in the middle of suffering all the things we don’t equate with “blessed.” What we know is this: God dealt with sin once and for all at the cross.

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

Day 1 Reflect: How do you define the word “Blessing?” Can proper “fear of the Lord” be a blessing?

Pray: Ask God to grow within you a deeper reverence for, and intimacy with, Him.

Day 2 Reflect: In what ways has God blessed you?

Pray: Thank God for the gifts He has generously given you.

Day 3 Reflect: How can gratitude shape our worship today?

Pray: Ask God to show you how your life can be a reflection of your gratitude.

Day 4 Reflect: How could God stretch your definition of “blessing” to include hardship and suffering?

Pray: Ask God to soften your heart and teach you what it means to understand the blessings He brings—even those that come in the form of difficulty.

Day 5 Reflect: In what ways is God calling you to find deeper abundance in Him?

Pray: Ask God to reveal the true freedom and goodness found in His presence, that He would strengthen your trust in who He is.

Community Discussion

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

What is the best gift someone’s ever given you?

Has anyone ever acted like they did you a favor by selling you something?

What is the difference between feeling blessed versus entitled?

In what ways can we feel entitled to God’s blessings?

How can an understanding of our own powerlessness and shortcomings deepen our gratitude?

Has God blessed you through a period of hardship or suffering?
When/How?

How can our understanding of who Jesus is reshape our culture’s view of blessing and prosperity?

How does knowing and following Jesus lead to a life that is truly good and abundant?

Can your group list 18 blessings corporately from your own lives?

Pray and thank God for all of those blessings.

Songs of Ascent