

## Small group optional guide: Family Service Psalm 127

### UP; we grow in our love for Jesus through His word and worship

#### WORD: Key Themes in Psalm 127

##### God as the Ultimate Builder and Protector (Verses 1-2):

- Human efforts, whether in building or guarding, are futile without God's guidance and blessing.
- True rest comes from trusting God, not anxious toil.

##### Children as a Blessing from God (Verses 3-5):

- Children are a heritage and reward, likened to arrows in a warrior's hand.
- A family filled with children is a source of strength, legacy, and joy.

Psalm 127 is a Song of Ascents, sung by pilgrims traveling to Jerusalem for major religious festivals. Solomon warns against being overly impressed by achievements (e.g., the grandeur of the temple) instead of focusing on God, the true builder of all things.

**God's Sovereignty in Building:** Solomon reminds pilgrims (and us) that even magnificent works like the temple are meaningless unless God is the driving force. Jesus echoed this in Matthew 24:1, shifting focus from buildings to God's kingdom.

**Rest as a Gift from God:** Solomon cautions against overworking and emphasizes the importance of rest. Rest isn't just physical—it's spiritual, found in trusting God to handle what we cannot. Sleep is a divine gift, essential for physical, mental, and emotional well-being.

**Children as a Divine Reward:** Families were central to the pilgrimage, with children symbolizing God's blessing. Despite societal challenges (e.g., infertility, loss, or modern cultural views), children are a legacy and source of joy. God provides hope and comfort even in pain, as reflected in stories like Victor and Polina's.

> This psalm reminds us to place our confidence in God's sovereignty and to rest in His provision while cherishing the blessings He gives.

### IN; we connect and learn to love one another

**Response:** Psalm 127 - Prosperity comes from the Lord; trust God and be grateful.

1. Reflect on all God has done in your life beyond your achievements, dreams, or ambitions. True prosperity comes from God.
2. Be grateful. Gratitude is a great attitude that gives glory to God. Lack of gratitude is highly displeasing to God. Israel lost a generation in the wilderness due to grumbling.
3. Pray for your children (natural & spiritual).
4. Pray for insomnia. Ask God to grant sleep to those he loves and for rest.

### OUT; we reach out to show people outside of JCC that God loves them

Alpha starts this week 29<sup>th</sup> January! It will be in the Haven Centre in Crawley Down but it is open to everyone anywhere. Please pray and continue to invite, week 1 and week 2 are vital for guests to join for the course so please invite for next week too.

**You're  
invited  
to Alpha.**

Crawley Down

