



Psalm 124 - Pray, Move, Praise.

WEEK OF: July 6th, 2025



Belong

What's one thing you've always wanted to learn or try but haven't yet?



Grow

Take a moment to pray and/or [worship](#) in order to shift the focus to God.

SUNDAY RECAP: *Psalms 120–134 are known as the Songs of Ascent, sung by God's people as they made the uphill pilgrimage to Jerusalem for the yearly festivals, reminding them of who God is and who they are as His people. Psalm 124 reminds us that God is present even when danger or suffering surround us. In His presence, He teaches us to pray, move, and praise as we navigate through times of trouble.*

1. **Read Psalm 120:1.** When has this been true for you? How did you notice God responding to you?
2. **Read Hebrews 11:1-2.** How does prayer require faith? How does practicing prayer grow your hope in hard times?
3. **Read Psalm 34:18.** How does God move into our suffering? How does His example teach us to respond to others?
4. **Read Romans 12:10-15.** How has someone in your life “moved in” even in hardships? What did that mean to you?
5. **Read Psalm 124:1-8.** How is God described in the Psalm?
6. How has faith through bad times built a strong foundation in you?
7. **Read Romans 8:31-32.** “What if” God had not been with you through your most difficult circumstances? How does considering these verses lead you to respond with praise?



Reach

Focus on meeting the needs inside the group. Ask for prayer requests and spend time praying for one another.