

WEEK 4 TITLE: From Tourist to Pilgrim

WEEKLY SUMMARY

This week, we traced the end of Saul's life and kingship, the beginning of David's rule. On Wednesday, we'll take a deeper look at the Psalms of Ascent—songs for the road that shaped worshippers as they ascended to Jerusalem. We'll consider the path of discipleship not as a tourist stop, but as a pilgrimage of transformation. These psalms (121, 123, 124, 125, 128, 129, 130) served not only as a literal soundtrack for Jewish travelers, but they're also a spiritual formation tool for us—teaching us to trust, serve, endure, and hope in the Lord. Discipleship is a long obedience in the same direction, and this week's reading reminds us that God doesn't promise ease, but He promises presence.

OPTIONAL ICEBREAKER

Describe a time when you took a long road trip or journey. What did you learn about yourself (or others) on the way?

DISCUSSION QUESTIONS

1. Psalm 121: Where does your help come from?
 - What are some "mountains" people look to today for help that fall short?
 - How does this psalm redefine what it means to trust God in hardship?
2. Psalm 123: What does it mean to "look up" in servanthood?
 - In what ways are we tempted to treat God like a servant rather than the Master?
 - How does the cry for mercy change how we approach our daily prayers?
3. Psalm 124: "If it had not been the Lord..."
 - Have you ever had a moment when you realized God delivered you?
 - What's the difference between explaining God's help and testifying to it?
4. Psalm 125: What makes you feel secure in your faith?
 - How do you respond when your emotions don't match what Scripture declares?
 - What does it mean to be "surrounded" by God?
5. Psalm 128: What does "the good life" look like according to this psalm?
 - How does it contrast with how our culture defines blessing and prosperity?
 - What's the difference between fearing God and fearing life's circumstances?

6. Psalm 129: What does faithful endurance look like for you right now?
 - What is the difference between perseverance and perfection?
 - How does it encourage you to know God “cuts the plowman’s harness”?
7. Psalm 130: What do you do “in the depths”?
 - How does this psalm give space for suffering while still offering hope?
 - What does it mean to “wait and watch” in faith?

GROUP PRAYER

Pray for the group to have the heart of a pilgrim—patient, faithful, surrendered. Ask God to help each person in the group recognize what they’ve been looking to for help besides Him, and to renew their hope in His watchful presence. Pray for strength to endure, grace to serve, and courage to keep walking the narrow road together.