

Travelling Songs

Through Lent with the Psalms of Ascent

Week 3 Psalm 126 Sorrow and Joy

'Those who sow in tears shall reap with songs of joy'

The two sessions for Week 3 of the Lent Course will be held on:

- (1). **Tuesday afternoon March 22nd**, at St Luke's Church, Stoke Hammond, 1.00pm for Soup Lunch, 1.30pm for the course.
- (2). An evening course held on **Tuesday 22nd March, 8pm** at:-
The Stables, Woburn Road, Little Brickhill

All will be welcome to join in any of the sessions at any of the venues. The sessions are independent, so it doesn't matter if you miss one.



Psalm 126

- 1 When the Lord restored the fortunes of Zion,
then were we like those who dream.
- 2 Then was our mouth filled with laughter
and our tongue with songs of joy.
- 3 Then said they among the nations,
'The Lord has done great things for them.'
- 4 The Lord has indeed done great things for us,
and therefore we rejoiced.
- 5 Restore again our fortunes, O Lord,
as the river beds of the desert.
- 6 Those who sow in tears
shall reap with songs of joy.
- 7 Those who go out weeping, bearing the seed,
will come back with shouts of joy,
bearing their sheaves with them.

Poem **'Bitter-Sweet'** by George Herbert

Ah my dear angry Lord,
Since thou dost love, yet strike;
Cast down, yet help afford;
Sure I will do the like.

I will complain, yet praise;
I will bewail, approve;
And all my sour-sweet days
I will lament, and love.

Quotation

This psalm is for dreamers. The roots of this psalm are probably located in an earlier experience of exile when dreams and memories were all that had been left to the people of the psalms. But it is psalm for all times, and one of astonishing hope arising from deep despair. It is a declaration of intent for any who dare to hope, for all who resolve to re-imagine in the face of cynicism and adversity. (Ian Adams)

Other Bible passages

John 12. 23 Jesus says that a seed must die before it can grow and bear fruit

Hebrews 11. 1 'Now faith is being sure of what we hope for and certain of what we do not see'

Romans 12. 15 'Rejoice with those who rejoice; mourn with those who mourn'

Some questions

1. In our times of sorrow and grief, who or what has helped us?
2. How can we find hope, even in and through difficult times?
3. What have been your greatest experiences of joy and celebration?

Prayer

God alongside us,
who in Jesus Christ has walked the way of sorrow
and made it the way of hope and joy:
move us by your Holy Spirit
to weep with those who grieve,
and to celebrate with those who rejoice. Amen.

Next Week: **Week 4 Psalm 131 Mothering**
 'My soul is quieted within me'

Full details of the Lent Course can be found on the website:-

See the "Lent Courses" section:- <https://brickhillschurches.org.uk/lent-course/>