

Rat Race
Psalm 127
July 17, 2022

Psalm 127:1-5

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

Main Idea: Relief from the rat race comes from resting in the Lord's loving care.

I. God provides because He loves you, not because you work hard. (vv. 1-2)

Psalm 127:2

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

“In other words, those who place their complete trust in the LORD may rest assured that he knows their needs and will provide for them, and that agonizing and laboring in fear and anxiety will not get any more done than what he chooses to give. The life of faith is a life that rests in him; it may be diligent and industrious but will be free of the restless anxieties.” – Allen P. Ross

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II. God provides by blessing His children with children. (vv. 3-5)

Main Idea: Relief from the rat race comes from resting in the Lord's loving care.

Psalm 127:4-5

Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

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Matthew 6:25-34

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Romans 8:31-32

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

Main Idea: Relief from the rat race comes from resting in the Lord's loving care.