

A Psalm for Monday: A Godly Rhythm for Work & Life

September 6, 2026 | Psalm 127 | Pastor Daniel Torres

Sermon Outline

1. What we do apart from the Lord is in vain (1-2)
 - BUILDING - Build with Him
 - PROTECTING - Trust His Protection
 - ENJOYING - Enjoy His Provision
2. What comes from the Lord is a gift to steward well (3-5)
 - RECEIVING - Steward His Gifts

Main Idea

The Lord builds, protects, and provides. We are called to build with Him, trust His protection, and enjoy His blessings in our lives.

Leader's Note

Choose the questions below that best fit your group and the time available. You do not need to discuss every question. However, we strongly recommend covering at least one question from each section: Upwards, Inwards, and Outwards.

Optional Icebreaker

What is one simple thing in everyday life that you enjoy and are thankful for?

Discussion Questions

UPWARDS - Growing in Relationship with God

1. Psalm 127 repeats that our building, protecting, and working can be "in vain" apart from the Lord. What does this psalm teach about the difference between working hard and depending on God?
2. Verse 2 reminds us that we can rest because everything does not depend on us. What is one area of life where you find it difficult to stop, rest, and trust God?
3. One way to see what really matters to us is to look at how we spend our time, resources, and energy. In what areas do you need to align what matters to you with what matters to God?

INWARDS - Growing in Fellowship with One Another

4. Psalm 127 reminds us that we cannot protect or control everything. How can verses 1–2 help us trust God when we are concerned about people or situations beyond our control?
5. The sermon encouraged us to stop focusing on what we do not have and recognize what God has already given us. What gifts, relationships, or opportunities can we thank God for together?
6. Children are described as a gift from the Lord, and the sermon challenged us to think about the next generation. How can our small group or Benton faithfully encourage and invest in children, youth, young adults, or others who are growing in faith?

OUTWARDS - Reaching Those Around Us

7. Many people around us carry pressure to succeed, provide, and keep everything under control. How could the hope of Psalm 127 encourage someone who feels overwhelmed by responsibilities?
8. God has placed people, opportunities, abilities, and resources in our hands. How could we use one of those gifts to bless a neighbour, coworker, friend, or family member?
9. Think of one person you can encourage this week. What specific action could you take—such as inviting them for coffee, sharing a meal, offering practical help, praying with them, or sharing something God has taught you through the Psalms this summer?