

PSALMS

Psalms 126 | Sunday, July 19, 2026

(5-10 min) Optional Ice Breaker: If you could spend your entire summer anywhere else but Texas, where would you go and why?

LEADERS: Please share these announcements with your Home Group!

Announcements

Steps Orientation, Monday, August 3, 6:30 - 8:00 pm: Steps is a semester-long intensive discipleship program that includes daily homework, one-on-one mentoring, teaching, and small group time. This program helps you gain traction in your relationship with God and provides you with the necessary tools to become a fully formed disciple of Christ. Attending the Steps Orientation class is the first step in participation and will provide you with a roadmap for the program.

Register: <https://citizenschurch.com/event/bm4fsg8/steps-orientation>

Read God's Word Aloud

Psalms 126 (ESV)

- ¹ When the LORD restored the fortunes of Zion,
we were like those who dream.
- ² Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
"The LORD has done great things for them."

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³ The LORD has done great things for us;
we are glad.

⁴ Restore our fortunes, O LORD,
like streams in the Negeb!

⁵ Those who sow in tears
shall reap with shouts of joy!

⁶ He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

Discuss God's Word and God's World

Important: The goal is to use this Guide to spark sanctifying conversation and opportunities for intercessory prayer, not to “get through” every question like a checklist. Feel free to linger on the questions that best facilitate that for your group.

Start here: Take a few moments to share and reflect together on what stood out to you from this week's Bible passage and the sermon about it.

- **How did this sermon land on you personally?** What encouraged, challenged, or convicted you most? Was there a particular point where you found yourself identifying with the Psalmist?
- **The sermon described God's restoration as divine, corporate, wonderful, total, and attractive.** Which of those characteristics most deepens your appreciation of the salvation you have in Christ, and why?

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- **The Psalm teaches that even restored people continue to seek restoration.** Which area do you most resonate with right now: a loss of joy in Christ, spiritual victory, missional purpose, Christian fellowship, or something else? How does Psalm 126 encourage you to keep praying rather than giving up?
- **As a Home Group, how can you practice the pattern of Psalm 126 this week?** What is one intentional way you can both remember God's past faithfulness together and help one another pursue ongoing restoration (through encouragement, confession, serving, sharing testimonies, or praying together)?
- **How can we pray for one another in light of Psalm 126?** Where do you need God to bring restoration "like streams in the Negev," and where do you need the endurance to keep sowing in tears while trusting that Christ will one day bring a joyful harvest?

Sanctificational Prayer Guidance

Father, thank You for the great restoration You have given us through Jesus Christ. As You have rescued us, continue Your work of renewing our hearts, restoring our joy, and strengthening our faith as we wait for the day Christ makes all things new. Teach us to trust You in both the sudden streams and the slow seasons of sowing in tears, confident that You will bring a harvest of joy. Amen.

Family Memory Verse of the Month for July

Therefore encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11 (ESV)