PSALM

126

CXXVI

Communal Lament Turning

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

PICTURE WORD

Sheaves

IN ONE SENTENCE

After the LORD restores his people from exile they laugh with joy, and those who sow in tears will reap with songs.

Remember it: One twenty-six: sow your tears, and carry home armfuls of sheaves.

MEMORY VERSE

Those who sow in tears will reap in joy.

Psalm 126:5 · World English Bible

HEBREW WORD

בְּדִמְעָה

"in tears" · verse 5

In the Psalms: eight times, in 7 psalms

בְּדִמְעָה means "in tears," built on the Hebrew noun for a single tear, a drop that falls. The psalm sets that falling tear beside falling seed: sorrow placed in the LORD's hands is planted, not wasted, and it comes back as harvest.

HOW THE PSALM MOVES

1–3	Remembering the joyful, dreamlike return to Zion
4	A prayer for restoration again, like desert streams
5–6	Tears sown as seed come home as joyful sheaves

MY NOTES

Listen. Hear Psalm 126 sung in the **Psalm Song** app, or free at **ispress.de/psalms/126**.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel's Story · Waiting on God · Praise & Thanksgiving

FILL IN THE BLANKS

After the LORD restores his people from _____ they _____ with joy,

and those who sow in tears will _____ with songs.

CHECK YOURSELF

1. When the LORD brought back the captives to Zion, the people were like those who...

- (A) dream
- (B) sleep
- (C) mourn
- (D) fight

2. What did the nations say about Israel?

- (A) They will soon fall again
- (B) The LORD has done great things for them
- (C) Their gods have failed them
- (D) They are a proud people

3. The restoration the people ask for is compared to...

- (A) rain on the mountains
- (B) the dew of Hermon
- (C) streams in the Negev
- (D) a river in Babylon

TALK IT OVER

1. What do the people remember, and what do they still ask for in verses 4-6?

2. What does this psalm show about how the LORD treats our tears?

3. What "seed" are you sowing in tears right now, and what harvest do you hope for?

IN YOUR OWN WORDS: WHAT DOES PSALM 126 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 5 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: exile · laugh · reap · Check yourself: 1. A (v. 1) · 2. B (v. 2) · 3. C (v. 4)