



The Lord has done great things for us, and we are filled with joy.

Psalm 126 is a song for people who know what it means to wait, weep, hope, and rejoice. It remembers God's past deliverance, recognizes that restoration may still be unfolding, and teaches us to keep sowing faithfully while trusting God for the harvest. Joy is not shallow happiness; it is a culture formed by remembering what God has done, witnessing to His goodness, persevering through tears, and believing that the God who restored before can restore again.

I. Joy Begins with Remembering God's Deliverance

Read Psalm 126:1

"When the Lord brought back His exiles to Jerusalem, it was like a dream."

A. Remembering is one of the ways God renews joy. The returning exiles could hardly believe the Lord had brought them home. What once seemed impossible became testimony. Joy begins when we pause long enough to look back and recognize the hand of God in places where we once felt stuck, scattered, or forgotten.

Reflect: What has the Lord already brought you through? Where have you seen Him restore, rescue, provide, or open a way that once felt impossible?

- Name one specific deliverance you do not want to forget.
- Write down a testimony of God's faithfulness and share it with someone this week.
- Ask God to turn past restoration into present confidence.

II. Joy Becomes a Witness to Others

Read Psalm 126:2

"We were filled with laughter, and we sang for joy. And the other nations said, 'What amazing things the Lord has done for them.'"

A. God's restoration was not private. The surrounding nations noticed. When God fills His people with joy, that joy becomes a witness. Laughter, singing, gratitude, and changed lives point beyond us to the One who has done great things. A culture of joy helps others see that God is still active, still merciful, and still worthy of praise.

Reflect: What do people learn about God by watching the way you respond to His goodness? Does your joy make room for others to notice the Lord?

III. Joy Can Exist Even During Incomplete Restoration

Read Psalm 126:4

“Restore our fortunes, Lord, as streams renew the desert.”

A. Psalm 126 holds memory and need together. The people rejoice over what God has done, yet they still pray, “Restore.” This teaches us that joy can live in the middle of unfinished places. We can celebrate yesterday’s deliverance while still asking God for today’s renewal. Biblical joy does not deny the desert; it believes streams can flow there again.

Reflect: Where are you still waiting for restoration? How can you hold gratitude and honest prayer together without giving up hope?



IV. Sowing in Tears Leads to Reaping in Joy

Read Psalm 126:5

“Those who plant in tears will harvest with shouts of joy.”

A. The psalm does not pretend the sowing is easy. Some seeds are planted through grief, obedience, sacrifice, forgiveness, service, prayer, or endurance. Tears do not mean the seed is wasted. In God’s hands, faithful sowing in hard seasons can become a harvest of joy. The field may look empty today, but God sees every seed planted in faith.

Reflect: What seed are you sowing today that you are trusting God to bring to harvest tomorrow? What makes that seed costly?

- Keep planting when results are not immediate.
- Keep praying when the answer has not yet come.
- Keep believing that God can turn tears into testimony.



V. Joy Comes Through Perseverance

Read Psalm 126:6

“They weep as they go to plant their seed, but they sing as they return with the harvest.”

A. Perseverance is the pathway between planting and harvest. The sower goes out weeping, but does not stop walking. Faith keeps moving while the heart is still tender. The promise is not that there will be no tears, but that tears are not the final word. The God who sends His people out with seed is able to bring them home with songs.

Reflect: Where is God calling you to keep going? What would faithfulness look like in this season, even if you are still carrying tears?

Spiritual Discipline: Remembering, Prayer & Perseverance

Ask yourself: What seed am I sowing today that I am trusting God to bring to harvest tomorrow?

- A seed of prayer
- A seed of forgiveness
- A seed of obedience
- A seed of service
- A seed of generosity
- A seed of faithfulness when no one sees

Keep planting. Keep praying. Keep believing. God is able to restore your joy again.

Read Psalm 126 slowly each day this week. Each day, write down one “great thing” the Lord has done, one place where you are still asking Him to restore, and one seed you will continue to sow in faith.

Closing Prayer

Lord, You have done great things for us, and we are filled with joy. Teach us to remember Your deliverance, to rejoice in Your goodness, and to trust You in the places that are still being restored. Give us courage to keep planting even when we carry tears. Let our joy become a witness to others, and let our lives declare that You are faithful. Restore our joy again, renew our hope, and bring a harvest that brings glory to Your name. In Jesus’ name, Amen.