

***From Tears to  
Laughter and Joy***

**Psalm 126**

*Meditating &  
Praying the  
Psalms*





**Praying Our Help in Pandemic**

***From Tears to Song  
of Laughter and Joy***

## **When God Dwells with us**

***Joy is Characteristic of  
Christian Pilgrimage.***

***A Consequence not  
A Requirement.***

**Joy is what God gives not what we work up**







# SONGS

FOR THE

# JOURNEY

The Psalms of Ascents

**Psalm 120-134**

**Psalm 126**

***From Tears to  
Laughter & Joy***

***Stepping Stones to God's Heart***

***Songs for our Life and Journey towards God***

## **Psalm 126 - A Psalm of Joy**

***<sup>1</sup> When the LORD restored the fortunes of Zion, we were like those who dreamed.***

***<sup>2</sup> Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The LORD has done great things for them." <sup>3</sup> The LORD has done great things for us, and we are filled with joy.***

***<sup>4</sup> Restore our fortunes, LORD, like streams in the Negev. <sup>5</sup> Those who sow with tears will reap with songs of joy. <sup>6</sup> Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.***



## **Psalms 126**

### ***From Tears to Laughter and Joy***

- **V1-2 Praise from the Past – Past Joy**
- **V3-5 Prayer in the Presence – Present Joy**
- **V6 Prophecy for the Future – Future Joy**



## **Praise from the Past**

*<sup>1</sup> When the LORD restored the fortunes of Zion, we were like those who dreamed. <sup>2</sup> Our mouths were filled with laughter, our tongues with songs of joy.*

## **Past Joy Over Restoration**

**Work of God in their lives**

**A Dream! A Miracle!**

**God's Abundance  
and Faithfulness**



# **The Return from Exile**

## **Isaiah 45:13**

**I will raise up Cyrus in my righteousness:**

***I will make all his ways straight.***

***He will rebuild my city and set my exiles  
free, but not for a price or reward, says  
the LORD Almighty.'***





## **Ezra 1:1-3 Rebuilding the Temple**

***'This is what Cyrus king of Persia says:***

***The LORD, the God of heaven, has given me all the kingdoms of the earth and he has appointed me to build a temple for him at Jerusalem in Judah.***

***Any of his people among you may go up to Jerusalem in Judah and build the temple of the LORD, the God of Israel, the God who is in Jerusalem, and may their God be with them.***



## **A Great Day of Testimony by Others**

*Then it was said  
among the nations,  
“The LORD has done  
great things for them.”*

**People around  
them can see it**



**Joy in the Present**  
**“O How Happy We Are!”**

***<sup>3</sup> The LORD has done great  
things for us, and we are  
filled with joy.***

***Real Laughter of Joy  
from deep within the souls***



***Rejoice!***



## **V4-5 Prayer in the Present**

*<sup>4</sup> Restore our fortunes, LORD,  
like streams in the Negev.*

*<sup>5</sup> Those who sow with tears will  
reap with songs of joy.*

## **Hopeful Expectant Prayer**

*The Memory of Past Joy  
Experience of the Present Joy  
Built up their faith*



## Two Images of Joyful Expectation

*Streams in the Negev*  
*Negev means Dry, arid land*  
**A lifeless place!**

***Sudden Undeserved Blessing***  
**(Miracles)**

*Reaping for Those Sowing Tears*  
***Through years of working***  
***and waiting (Providence)***





## **V6 Prophecy for the Future**

*Those who go out weeping,  
carrying seed to sow, will return  
with songs of joy, carrying  
sheaves with them.*

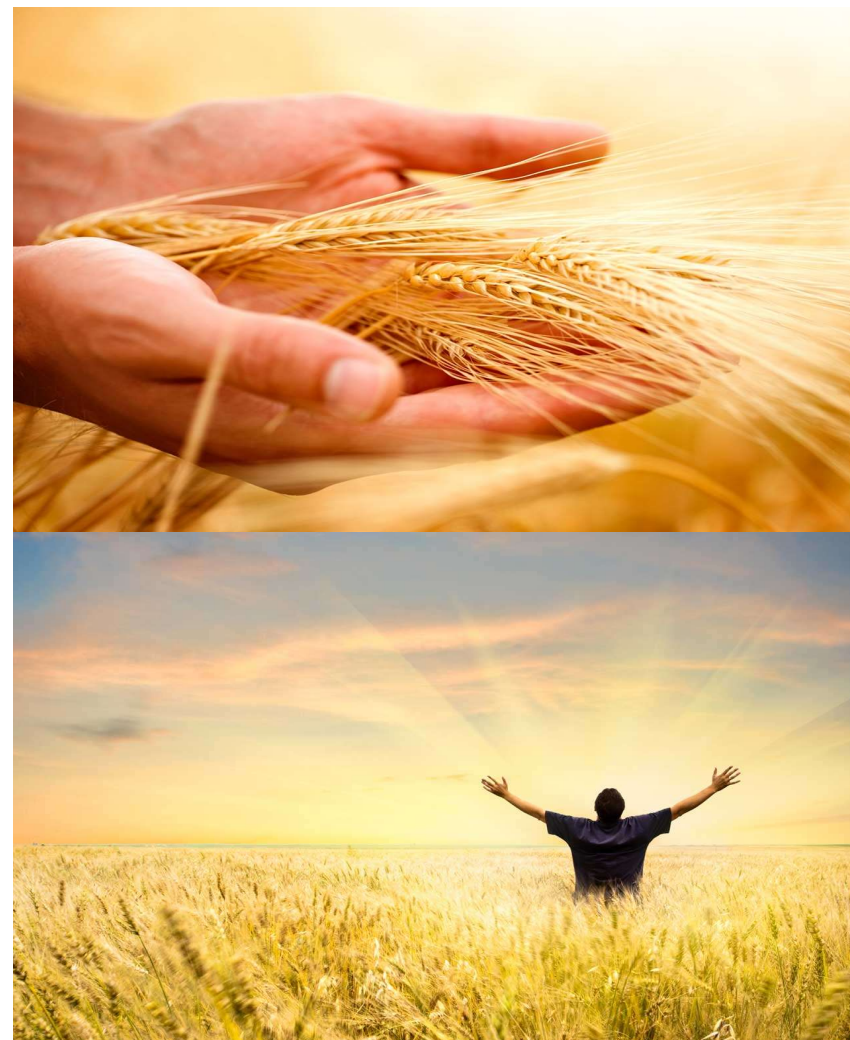
*Would the Lord do it again?*

***Yes He would!***

**Future Joy**

**Restore back to Prosperity**

***“O how happy we will be!”***



**Joy is Dependent On  
The Amazing God We Know**

***The memory of past joy  
The experience of the present joy  
Flows over into future Joy.***

**His ways are dependable,  
His promises sure.**



# Testing Times in Pandemic

**Come to God in Prayer  
with Hopeful Expectation**





# **Remember Past Joy**

## **Our Ebenezer**





# **On Mt Moriah** **The Lord Provides**





**Be Joyful  
in the Present**

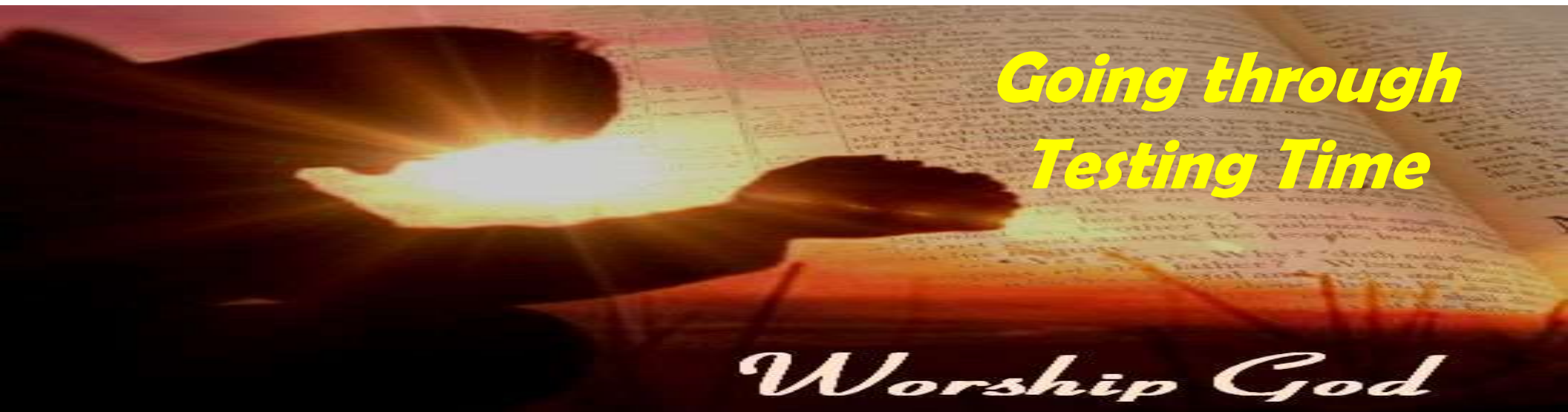
**We are to work in the  
Pandemic**

***For joy comes not with the  
weeping but of the sowing!***



**Rest Assured! Tomorrow**  
**We will Sing Songs of Joy**

***He turns our Mess into a Message,  
Test into Testimony,  
Sorrows into Laughter.***



***Going through  
Testing Time***

***Worship God***

**The day when the sun  
will shine again will be here**

***Be candid in our fears,  
Be secure in our trust in the Lord.***

***Live and worship God  
with real laughter from the heart of joy***

