

"Soul Food" from the Psalms (124-128)

Sunday Evening, August 2, 2026 – WOCC – Rich Howell

EVENING DEVOTION: Psalms for Pilgrims, Pt 2

[So, are YOU a pilgrim? Can YOU identify? Can YOU relate?]

Psalm 120—A pilgrim no longer FEELS AT HOME in this world!

Psalm 121—A pilgrim knows WHERE to LOOK for HELP!

Psalm 122—A pilgrim CAN'T WAIT to be in God's House!

Psalm 123—A pilgrim knows what he NEEDS the most: MERCY!

**Psalm 124—A pilgrim not only knows whose side he's on, but _____
is on his _____! (Rom 8:31f)**

- 1) If it had not been the LORD who was on our side—let Israel now say—
- 2) if it had not been the LORD who was on our side when people rose up against us,
- 3) then they would have swallowed us up alive, when their anger was kindled against us;
- 4) then the flood would have swept us away, the torrent would have gone over us;
- 5) then over us would have gone the raging waters.
- 6) Blessed be the LORD, who has not given us as prey to their teeth!
- 7) We have escaped like a bird from the snare of the fowlers;
the snare is broken, and we have escaped!
- 8) Our help is in the name of the LORD, who made heaven and earth. (ESV)

Psalm 125—A pilgrim is on the _____, yet cannot be _____!

- 1) Those who trust in the Lord are like Mount Zion, which cannot be moved,
but abides forever.
- 2) As the mountains surround Jerusalem, so the Lord surrounds his people,
from this time forth and forevermore!
- 3) For the scepter of wickedness shall not rest on the land allotted to the righteous,
lest the righteous stretch out their hands to do wrong.
- 4) Do good, O Lord, to those who are good, and to those who are upright in their
hearts!
- 5) But those who turn aside to their crooked ways the Lord will lead away
with evildoers! Peace be upon Israel! (ESV)

Psalm 126—A pilgrim has a bright _____ that the _____ is _____ to come!

- 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."
- 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. (ESV)

Psalm 127—A pilgrim isn't _____ yet—yet has a blessed _____!

- 1) Unless the Lord builds the house, those who build it labor in vain.
Unless the Lord watches over the city, the watchman stays awake in vain.
- 2) It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.
- 3) Behold, children are a heritage from the Lord, the fruit of the womb a reward.
- 4) Like arrows in the hand of a warrior are the children of one's youth.
- 5) Blessed is the man who fills his quiver with them!
He shall not be put to shame when he speaks with his enemies in the gate. (ESV)

Psalm 128

- 1) Blessed is everyone who fears the Lord, who walks in his ways!
- 2) You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you.
- 3) Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.
- 4) Behold, thus shall the man be blessed who fears the Lord.
- 5) The Lord bless you from Zion!
May you see the prosperity of Jerusalem all the days of your life!
- 6) May you see your children's children! Peace be upon Israel! (ESV)