

## Psalms of the Degrees (Psalms 120-134) Celebrating Triumph Over Trouble Through Trust in God

### Psalm 128 - The Blessed Life!

- 1     *How blessed is everyone who fears the Lord,  
      Who walks in His ways.*
- 2     *When you shall eat of the fruit of your hands,  
      You will be happy and it will be well with you.*
- 3     *Your wife shall be like a fruitful vine  
      Within your house,  
      Your children like olive plants  
      Around your table.*
- 4     *Behold, for thus shall the man be blessed  
      Who fears the Lord.*
- 5     *The Lord bless you from Zion,  
      And may you see the prosperity of Jerusalem all the  
      days of your life.*
- 6     *Indeed, may you see your children's children.  
      Peace be upon Israel!*

**HISTORICAL BACKGROUND:** The third trio of Psalms in the Psalms of the Degrees consist of Psalm 126 (trouble), 127 (trust), and 128 (triumph). All three Psalms focus on the challenge of restoring the nation of Judah in the aftermath of the Assyrian invasion. Most of the cities and towns had to be rebuilt or at least repaired. The agricultural crops had to be restored to supply the food needs of the nation and strengthen the economy. The nation needed to be repopulated by married couples bearing many children through faith in God, confident in the bright future He would give their families. The end of Psalm 126 is a prayer acknowledging the work of restoration would be troublesome, long, & at times disappointing; it would involve to “*sow in tears*” and to “*go out in weeping.*” Psalm 127 is an exhortation to the nation’s surviving remnant to trust God in rebuilding their homes & nation and begins by acknowledging total dependence on God, “*Unless the Lord builds the house those who build it labor in vain.*” Psalm 128 is a celebration of the ultimate triumph God will give to “*everyone who fears the Lord, who walks in His ways.*”

### LESSONS TO BE LEARNED FOR TODAY

1. True joy is only found when God is the CENTER of your life and His Word is the CIRCUMFERENCE of your life (v. 1).
2. Two promises God gives to everyone who fears Him and walks in His ways: His blessing will be on your WORK and on your FAMILY (vs. 2-4).
3. The SAFETY OF THE NATION depends on the SANCTITY OF THE HOME, the sanctity of the home depends on the SPIRITUALITY OF THE PARENTS (vs. 5-6).