Psalm 126 – Sow Through the Tears
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[Psa 126:1-6 NASB95] – 1 A Song of Ascents. When the LORD brought back the captive ones of Zion, We were like those who dream. 2 Then our mouth was filled with laughter And our tongue with joyful shouting; 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 captivity, O LORD, As the streams in the South. 5 Those who sow in tears shall reap with joyful shouting. 6 He who goes to and fro weeping, carrying [his] bag of seed, Shall indeed come again with a shout of joy, bringing his sheaves [with him.]

- Have you ever thanked God for one thing and, in the same breath, asked Him to come through for you in another?
- "God, thank You for what You've done in my family. And God, I'm still praying for my son."
- That's Psalm 126. It's a Song of Ascents, a song Israel sang together. It remembers God restoring Zion, a deliverance often understood against the backdrop of return from exile. The joy was so overwhelming it felt like a dream. Then, right in the middle of the song, the people ask God to restore them again. The same people who laughed in verse 2 are still praying in verse 4.

How do we live by faith when we've seen God move and we're still waiting for restoration?

Psalm 126 shows us how to live in that tension by remembering what God has done, asking Him to move again, and sowing even while we weep.

I. **Remember what God has done | Psalm 126:1–3**
   a. When God restored Zion, the people could hardly believe what they were living through. Their mouths filled with laughter and their tongues with joyful shouts. Even the nations recognized what God had done. In verse 3, Israel takes those words on its own lips: "The LORD has done great things for us." Their joy had a reason, and they could name it.
   b. In the middle of distress, the psalmist deliberately recalls God's deeds and meditates on them. [Psa 77:11-12 NASB95] – 11 I shall remember the deeds of the LORD; Surely I will remember Your wonders of old. 12 I will meditate on all Your work And muse on Your deeds.
   c. Application: Name one specific thing God has done for you. Tell somebody this week what happened and why you thank God for it. A testimony can give someone who's struggling words for their next prayer.
   d. Before you tell God what still hurts, take a moment to thank Him for where He's already helped you.

II. **Ask God to move again | Psalm 126:4**
   a. The psalm turns from memory to petition: "Restore our captivity, O LORD, as the streams in the South." The South refers to the dry Negev, where rain can send water rushing through empty streambeds. The people ask God to act with that kind of restoring power. They bring their present need to the same God whose faithfulness they just celebrated.
   b. Under fresh pressure, the church asks God for boldness and for His hand to move in healing, signs, and wonders. They are filled with the Holy Spirit and speak the word of God boldly. [Act 4:29-31 NASB95] – 29 "And now, Lord, take note of their threats, and grant that Your bond-servants may speak Your word with all confidence, 30 while You extend Your hand to heal, and signs and wonders take place through the name of Your holy servant Jesus." 31 And when they had prayed, the place where they had gathered

together was shaken, and they were all filled with the Holy Spirit and [began] to speak the word of God with boldness.

c. Application: Name the dry place in prayer. “God, restore my desire to pray.” “God, bring healing to my body.” “God, give us a way to begin talking again.” Ask God to move in power and ask the Holy Spirit to show you where your congregation can act in obedience.
d. The God who gave you a testimony can hear your prayer today.

III. Keep sowing through the tears | Psalm 126:5–6

a. The final verses put seed in the hands of a weeping sower. Verse 6 follows him out to the field carrying seed and back home carrying sheaves. The harvest answers the sowing, and the shouts of joy echo the opening verses. Israel sings with confidence that God can bring His people from grief into joy. In the picture the psalm gives us, the sower is still crying when he goes out to sow.
b. Paul calls believers to sow to the Spirit by persevering in doing good, trusting that they will reap in due time. [Gal 6:8-10 NASB95] – 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. 9 Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. 10 So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.
c. Application: Choose one act of obedience you can do this week. Pray again for the person you’ve grown weary praying for. Bring a meal to someone who is grieving. Take a wise first step toward reconciliation. If grief has left you with very little strength, let someone pray with you. Ask the Holy Spirit for enough strength to take the next step. A simple prayer may be the seed you can sow today.
d. You can cry and still carry seed.

- **Because God has been faithful, we can ask Him to move again and keep sowing through our tears.**
- The people in Psalm 126 know the sound of laughter and the weight of tears. They bring both into worship. They remember what God has done, ask Him to restore what is still broken, and go out to sow while the ground is still wet with their tears.
- Some of you know exactly what that field feels like. You’ve prayed for a long time. You’ve kept loving somebody through a hard season. You’ve obeyed God and you’re still waiting to see fruit. Today you can bring that burden to God and ask the Holy Spirit to help you take one more faithful step.