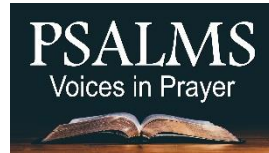


**Restore Us, O Lord**  
**Psalm 126**

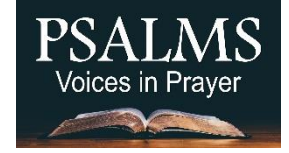
Emily Mitchell  
August 23, 2020



**NOTES**

**Restore Us, O Lord**  
**Psalm 126**

Suggested Questions for Individual  
Study or Group Discussion\*



- Icebreaker question: Do you have a green thumb? If so, what do you most enjoy growing; what's your favorite seed to sow; and/or what's your favorite thing to harvest?
- Read Psalm 126 and pay particular attention to verse 1 and 4. What do you envision when you hear the words "restore," "restored," or "restoration"? What differences exist between how the world expects fortunes to be restored and what restored fortunes might mean to Christians?
- "We were like those who dream." During COVID, do you have greater difficulty dreaming? What dreams do you have, and have these dreams shifted at all since the pandemic began?
- Have you experienced spiritual dryness; how about times of rejoicing, times of weeping, and times in between? What is significant about the imagery of sowing seeds while weeping? What might it look like for you to express and invest your tears during this challenging season of life?
- Spend some time in prayer, offering gratitude for the great things God has done and asking the Lord to restore and strengthen you to keep on planting and trusting God.
- **Family Activity:** *Look up an image of wheat kernels and an image of sheaves of wheat. Act out being sad while sprinkling the seeds on the imaginary ground; have someone set a timer for what you consider to be a long time (could be 30 seconds, 30 minutes, 30 hours, etc.), and, once the timer goes off, act out being really happy harvesting big bundles of pretend wheat. What does rejoicing look, sound, and feel like? Give thanks to God that we can rejoice in God's promises for our future.*

\*Select or adapt questions to fit the needs and makeup of your group.