

**Read:** Psalm 127

*This psalm is talking about the daily grind, or life lived "in vain" as it puts it, at work (vv. 1-2) and in family (vv. 3-5). The goal of the psalm is to show us how to see both family and work from God's perspective so that the daily grind is beaten.*

*Seeing life as it were through the eyes of God, that is, with his perspective, is the way not to live in vain.*

*The stuff of life, the daily grind. How do you beat it? You beat it by adopting the perspective of the psalm.*



**Questions:**

1. In what ways are you currently experiencing life as a "daily grind" (anxious toil, vain)? In what ways are you experiencing the blessings of God in life (v/2, 6)?
2. Discuss anything from Psalm 127 or the sermon that caught your attention, encourages, challenges or confuses you.
3. From God's perspective the daily grind has purpose & value. What do we learn about "building" as  
Workers (v/1) - called & created to work  
Protectors (v/1) - seek flourishing of all in the community  
Family (v/3-5) - children as your reward, heritage, protection
4. While the majority of people value work, community flourishing and family, the gospel message changes the perspective/motivation with which we see them. Discuss the implications of working from acceptance through Jesus (beloved) vs. for acceptance; a posture of dependence vs. independence.
5. God graciously gives "practices" that help us "work out of a position of rest" - *he gives to his beloved sleep* (v/2). What are practical steps you can take to cultivate habits of rest: sleep, sabbath, solitude?

**Prayer**

What is one thing you want to take away from psalm 127?  
What is one thing the group can be praying for you about?