

**Sermon-based Growth Group**  
**Psalms: Songs from the Heart**  
**Part 8: Ascent**  
**Questions**  
**June 12, 2022**

**Introductory Discussion:**

**What from Sunday's sermon did you find most helpful, or eye-opening, or troubling (pick any or all of the above)?**

**Discussion:**

1. Psalm 127:1, says, "Unless the Lord builds the house, those who build it labor in vain."  
What does this mean?
  - a. Can you accomplish things on your own?
  - b. If the Lord isn't behind it, why is it in vain?
  - c. How can we apply this to our daily lives?
2. Can you do "God's work" without him?
3. What should be your first step in making plans?
4. Verse 2 says, "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." Why does the person in the first part of the verse work so hard?
  - a. What is the answer to that in the second part of the verse?
  - b. What does this mean about how you go through your day?
  - c. What does it look like to rest in the Lord when there is so much to do?
5. What is the main promise of Psalm 121?
6. Does the help come from the hills (verse 1)?
  - a. Where does it come from?
  - b. Where does that teach us to look?

7. **What does Psalm 131:1 mean when it says, “O Lord, my heart is not lifted up”?**
  - a. **What is wrong with that?**
  
8. **What does Psalm 131:1 mean when it says, “my eyes are not raised too high”?**
  - a. **What is wrong with that?**
  
9. **What is the proper attitude?**
  
10. **What does Psalm 131:2 mean when it says, “I do not occupy myself with things too great and too marvelous for me.”**
  - a. **What should we do instead?**
  
11. **What is something from this sermon you can apply to your life this week?**