

Living the Good Life!

Psalm 128

God wants us to ‘live the good life.’ Jesus called it “abundant life.” New Testament paraphrases call it “far more life than before” and “a rich and satisfying life” (John 10.10). Through all the ups and downs, that should describe Christian homes, marriages, and families. How can it?

1. **Basic Principle:** Secret of ‘the good life’ (1)

Blessed is everyone who fears the Lord, who walks in His ways.

2. **Family Portrait:** Prosperity and Progeny (2-4)

You will eat the fruit of your labor; you will be blessed...

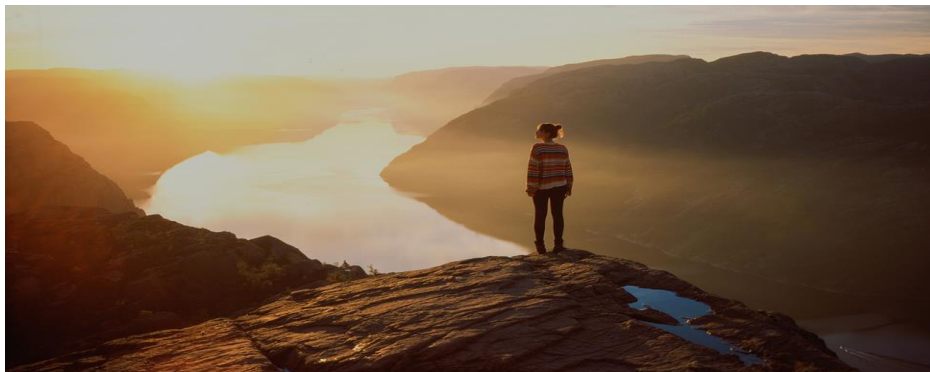
Your wife will be like a fruitful vine within your house...

Your children will be like olive plants around your table.

3. **Wider Influence:** Peace and Longevity (5-6)

May you see prosperity...and peace...

May you live to see your children’s children.



1. Psalms 120-134 are each designated as “A Song of Ascents.” These are ‘pilgrim songs’ Israelites sang as they “ascended” the road from Jericho – more than 900 feet *below* sea level! – to Jerusalem, almost 2500 feet *above* sea level! It was an arduous trip: Wadi Qelt Canyon had dangerous cliffs; there were wild beasts and robbers. Take time to read the Psalms of Ascents. As you do, imagine you’re a pilgrim facing those dangers. What prayers for protection, and expressions of faith, do they contain? Are you facing uncertainties and dangers in your life? What psalms resonate with you the most?
2. The ‘theme statement’ of Psalm 128 is found in verses 1 and 4: All who fear the Lord are blessed. What does it mean to ‘fear the Lord’? The Hebrew word for “fear” is יָרָא (yā·rē); this is the same root as in Prov. 1.7: *The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.* What *attitude* toward God leads to knowledge and wisdom? How does it lead to blessing? The psalmist explains in v1 that a person who fears the Lord “walks in His ways.” What does this say about the lifestyle of a person?
3. The psalmist enumerates some of the ways that God blesses the man who fears the Lord in vv2-3. These expressions describe results for a person’s life work, marriage, and family. We tend to limit our focus to temporal or material blessings, as though this is a magic formula to guarantee wealth and status in life. Can you see deeper meaning in these words? Have you observed the life of someone who ‘feared the Lord’? How were they blessed in the work of their hands? How were they blessed in their home?
4. Verses 5-6 are a prayer – that through the faithfulness of the godly man, God will prosper God’s people, and extend blessing to future generations. How might we pray today for God to extend blessing to our nation, and our world, through our faithfulness?

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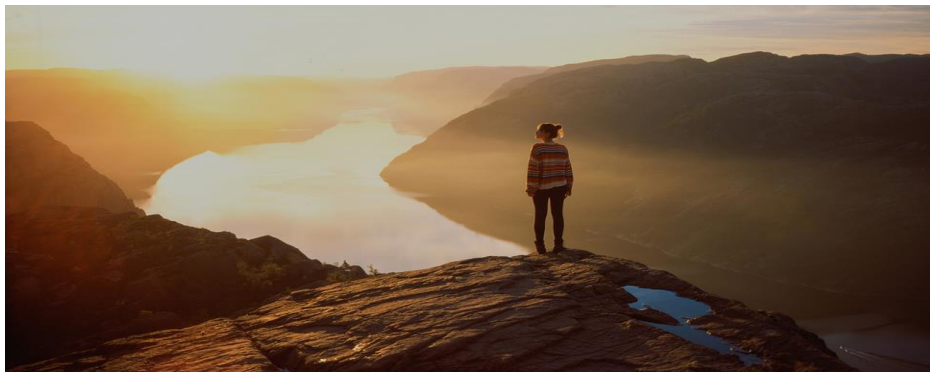
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