

# SONGS FOR THE JOURNEY

## A Study of The Psalms of Ascents

### Lesson 8 — Psalm 126

- I. What is JOY?
  - A. What it is not?
    1. It cannot be **purchased**.
    2. It is not an **emotional** state.
  - B. What it is.
    1. Joy is a **choice**.
    2. Joy is **dependant** on a **relationship** with God.
    3. Joy is a **fruit** of the **Spirit**.
    4. Joy is the **product** of **abundance**.
- II. JOY is past, future, and present.
  - A. Joy has a **history**.
    1. God **has done mighty** things.
    2. Joy **repeats** experiences.
  - B. Joy has a **future**.
    1. God **will do mighty** things.
    2. Joy **anticipates** experiences.
    3. Two **images** of HOPE.
      - a. **Streams** in the desert
      - b. **Sowing** and **reaping**
  - C. Joy is in the **present**.
    1. Joy is not an **escape** from **sorrow**.
    2. Joy is **knowing** God in the **midst** of **sorrow**.
- III. What does JOY do?