

## PSALM 127 – WISELY NOT TOILING ANXIOUSLY!

*Read the Psalm.*

### Translational Notes

אִם־יְהוָה׀ לֹא־יִבְנֶה׀ בַּיִת׀ שְׂוֵא׀ עֲמָלּוֹ׀ בּוֹנָיו׀ בְּוָ

*Literally translates to:* If the Lord doesn't build the house vanity/nothingness/emptiness they labor those who build it

שְׂוֵא׀ - vanity/ absolute nothingness/emptiness = in vain

הָעֲצָבִים׀ - pain, hurt, toil = anxious toils

### Psalm Notes:

Written by King Solomon. Solomon is known as the Wise King and had plenty of children through his hundreds of wives.

Verses 1 and 2 focus on the futility of life and blessings of God.

Verses 3 through 5 focus on God's blessings of family.

The Jewish custom is to use this psalm at the birth of a child.

### Theme – Wisely Not Toiling Anxiously!

What is Solomon pointing to in verse 1 with these two conditional phrases?

What “house” did Solomon build with God?

Why is our getting up early and staying up late in vain?

What is the “bread of anxious toil” we eat?

What gift has God given us?

Doesn't God want us to work hard?

Where does our hard work come from?

How do verses 3 through 5 tie into this theme of anxious toil?

How are children like "arrows"?

**Where else do we see this in the Bible:**

Exodus 20:8-11

Ecclesiastes 3:9-13; 4:6

Mark 1:35

Psalms 90:10

Matthew 6:34; 11:25-30

Philippians 4:4-7

**Real Life Application**

How have you been anxiously toiling?

Is toiling a bad thing? Is anxiety a bad thing?

Why is it so easy to get caught up in what we are doing instead of what God is doing?

Why is this a bad thing?

How do we make sure we are toiling with God?

How do we balance our work and rest in a healthy way?

What is one thing this week you can work on to toil in a God pleasing way?