Psalms 124 and 125 belong to the Songs of Ascents, a collection associated with pilgrims travelling to Jerusalem for worship. These journeys gave God's people opportunities to remember his faithfulness and renew their trust in him. Psalm 124, attributed to David, looks back on danger and celebrates God's rescue. Enemies, floods and a hunter's snare picture threats that could have destroyed Israel. Psalm 125 presents a quieter picture: those who trust in the Lord are secure like Mount Zion, surrounded by his care as Jerusalem is surrounded by mountains. Both psalms acknowledge real trouble. Together, they present salvation as God's powerful deliverance and continuing protection, encouraging his people to respond with gratitude, faithful living and confidence in his lasting care.

Can you share a time when someone helped you out of a tricky situation, and how it felt to know you weren't facing it alone?

Read Psalm 124 & 125

1. Psalm 124:1–2. Why does the psalm begin by asking God's people to imagine what would have happened without him?

2. Psalm 124:2–5. What pictures describe the danger facing God's people?

3. What kind of circumstances can make people feel overwhelmed today?

4. Psalm 124:6. Remembering God's rescue leads the people to praise him. Can you recall a time when God helped you through a difficult situation?

5. Psalm 124:7. How does the picture of a bird escaping a broken snare help us understand salvation? See Romans 6:17–18.

6. Where do you tend to turn first when trouble comes?

7. Psalm 125:1. How does the picture change from Psalm 124?

8. Psalm 125:2. What does the picture of mountains surrounding Jerusalem tell us about God's care?

9. How might remembering his presence change the way you face this week?

10. Psalm 125:1–3. These verses speak of security while recognising the reality of wickedness. How is trusting God different from expecting a life without suffering?

11. Psalm 125:3. How can living under injustice or ungodly influence tempt people to do wrong?

12. How can we help one another remain faithful under pressure?

13. Read Psalm 124:7–8 and Psalm 125:1–2 alongside John 10:27–29. How does Jesus both rescue us and keep us secure?

Prayer Points

Pray for peace with the ongoing conflicts in our world. Think of those who have been displaced by war in Gaza, Ukraine, and Sudan.

BMS Prayer guide - Pray for communities in Ireland who seek to offer welcome and support to refugees from the Middle East.

Sermon Notes

If you would like to join a Connect Group, please contact the church office 01424 730001

BEULAH BAPTIST BEXHILL

BIBLE STUDY

November 8th 2026

Remembrance Sunday

Psalm 124 & 125

Passing on the meaning of Remembrance Sunday helps each generation understand the cost of war and the value of peace. As living memories fade, we have a responsibility to share the stories of those who served, those who died, and those whose lives were changed forever. Remembrance is an opportunity to honour sacrifice while recognising the grief and suffering war brings. For Christians, it also calls us to pray for peace, care for those affected by conflict, and follow Jesus' teaching to love our neighbours.