

**Worship: See, Hear, Proclaim – The Lord has done great things for us**

Read Psalm 126 and Psalm 107:17-22. Notice the rhythm of being in a difficult experience, God acting, people rejoicing. We can't help ourselves. We worship from and in God's goodness to us!

**Psalm 126:1-6 (ESV)**

<sup>1</sup> When the LORD restored the fortunes of Zion,

we were like those who dream.

<sup>2</sup> Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them."

<sup>3</sup> The LORD has done great things for us; we are glad.

<sup>4</sup> Restore our fortunes, O LORD, like streams in the Negeb!

<sup>5</sup> Those who sow in tears shall reap with shouts of joy!

<sup>6</sup> He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

**Psalm 107:17-22 (ESV)**

<sup>17</sup> Some were fools through their sinful ways,

and because of their iniquities suffered affliction;

<sup>18</sup> they loathed any kind of food, and they drew near to the gates of death.

<sup>19</sup> Then they cried to the LORD in their trouble,

and he delivered them from their distress.

<sup>20</sup> He sent out his word and healed them, and delivered them from their destruction.

<sup>21</sup> Let them thank the LORD for his steadfast love,

for his wondrous works to the children of man!

<sup>22</sup> And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!