



Tears Into Joy: Living the Psalm 126 Cycle

Text: Psalm 126

Big Idea: God turns our tears into joy through a cycle of **Praise, Worship, Prayer, and Prophecy.**

I. Praise: Remembering God's Deliverance (vv. 1–3)

- Remember what God has done.
- Joy so real it feels like a dream.

Application: Don't forget your testimony — keep praising.

II. Worship: Exalting the God Who Restores (vv. 2–3)

- Praise looks back; worship looks up.
- "The LORD has done great things for us."

Application: Worship God not just for blessings, but for who He is.

III. Prayer: Asking for More (v. 4)

- God has restored — but we need more.
- Streams in the desert = revival and renewal.

Application: Ask again — don't settle for yesterday's outpouring.

IV. Prophecy: Declaring God's Future (vv. 5–6)

- Tears are not wasted — they are seed.
- God promises a joyful harvest.

Application: Keep sowing in faith; your harvest is coming.

Conclusion: Living the Psalm 126 Cycle

- Praise for what He's done
- Worship for who He is
- Prayer for more
- Prophecy for what's coming

Key Verse: *"Those who sow in tears shall reap with shouts of joy."* (Psalm 126:5)