

Unless the Lord Builds the House - Psalm 127
Notes, Family Worship, Bible Reading

Notes from the Sermon

The 1988 tune by Bobby McFerrin, Don't Worry, Be Happy became an instant hit and has stood the test of time with everlasting popularity. And why not? It had an incredibly catchy tune with very memorable "hook". Don't worry! Be happy! A very uplifting message. All of life's problems will just melt away if you just don't worry.

But the message of that song falls way short of actually making a difference in anyone's life because it does not share HOW you can just stop worrying. In this world of self-made, self-reliant people and the pressure to "achieve" actually leads to worrying more and more. And the associated anxiety can create real health problems, lack of sleep, eating less and that leads to more and more worrying! And in the extreme, this degree of worry can reach sinful levels when we fear anything more than we fear God. When we begin to be controlled by our fears and worries we are saying the object of our worry is greater than our God.

Written by King Solomon, Psalm 127 begins with "Unless the Lord builds the house, its builders labor in vain." It teaches us that the more self-reliant we become, the more our efforts will be in vain. And we will worry more and wind up "eating the food of anxious toil". And this word vain, in addition to meaning having undue excessive pride in one's achievements, also means empty, useless, without meaning, without any lasting value.

Solomon was a master builder having built the Temple as well as his own lush palace. In this passage, his reference to building a "house" might have meant a personal residence. But it might also be, in a broader sense, referring to building your family, or building the Temple (the "house" of the Lord God), or building the city, or building the nation. His point is that building anything without placing God at the center, acknowledging that HE causes everything to exist, is vanity because it will have no eternal value. It will be void of significance, empty and useless.

In similar manner, Solomon points out that our safety, our very lives depend on God's sovereignty and providence so much so that even a vigilant watch guard on the city walls cannot prevent a successful attack UNLESS God him self has his hand of protection on that city.

These two illustrations point to two primary issues that cause us to worry. If you think about it, almost everything we typically worry about can be boiled down into two general categories, our Provision and our Protection.

1. Our Provision: Where does our provision of life's needs, both daily and eternal needs (like shelter, food, family support) come from? Doing without of any of them will cause us to worry.
2. Our Protection: Are we safe in today's crazy world?

King Solomon finishes this short Psalm with examples of how God is our provider and our protector. He illustrates how working excessively long hours and worrying about the results of our work is also vain, empty, without lasting value, because we are trusting in ourselves, not in God. He let's us know how children are a blessing to parents. In

Solomon's day, growing old without children to help and protect you was dangerous and difficult. And sadly, it is not any different today.

The only way to "Be Happy, Don't worry" is to place your trust in God! To acknowledge him and place him in the center of every aspect of your life! This does not mean God gives us the permission to kick back, not work and expect him to give us a winning lottery ticket. But it means to be diligent in our work, but trust him for the increase! Trust his providence for your provision and your protection.

Bible Reading for the Week

Daily Bible Readings

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1 Chron icles 22	1 Chron icles 23	1 Chron icles 24	1 Chron icles 25	1 Chron icles 26	1 Chron icles 27	1 Chron icles 28

Reading from this past week: Psalm 127

Reading in preparation for this coming Sunday: Psalm 128

Family Worship

Song - *If the Lord Builds the House*

<https://youtu.be/22j4e3n6t3g?si=WamZnXKyiz1AEjCz>

Gospel Project

Unit: Paul's Mission To Rome

Story: Paul was on trial

Big Picture Question: Why should we praise Jesus?

Answer: We should praise Jesus for what He has done to provide our salvation and because He will one day make all things right.

Scripture: Acts 22-23

New City Catechism

Question 27: Are all people, just as they were lost through Adam, saved through Christ?

Answer: No, only those who are elected by God and united to Christ by faith.

Verse: Romans 5:17

Scripture

Psalm 127

- What makes you worry and keeps you up at night?
- Would you rather trust yourself to take care of it? Or Almighty God who created the universe?
- Do you know God well enough to trust him to handle it?

Prayer

*Pray for our Prayer Team and ask God to use them to make us a praying church.

*Pray that we would depend on and trust in God to build our homes and church, and that we would not labor in vain trying to build our own kingdoms.