



# REALITY

## **Dreaming Again**

Psalm 126

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## **Psalm 126**

When the Lord restored the fortunes of Zion,  
we were like those who dreamed.

Our mouths were filled with laughter,  
our tongues with songs of joy.

Then it was said among the nations,  
“The Lord has done great things for them.”

The Lord has done great things for us,  
and we are filled with joy.

Restore our fortunes, Lord, like streams in the Negev.

Those who sow with tears will reap with songs of joy.

Those who go out weeping, carrying seed to sow,  
will return with songs of joy, carrying sheaves with them.

“Poets tell us what our eyes, blurred with too much gawking, and our ears, dulled with too much chatter, miss around and within us. Poets use words to drag us into the depth of reality itself. Poetry grabs us by the jugular. Far from being cosmetic language, it is intestinal.”

- Eugene Peterson

“We must grieve the painful losses of the past seasons of our life before we can effectively embrace the present and future.”

- Dr. Ron Walborn

“Weeping permits newness.”

- Walter Brueggeman

1. Grieving Endings & Goodbyes

2. Grieving Individual & Collective Trauma

“[Lament] allows us to connect with and grieve the reality of our sin and suffering...Lament seeks God as a comforter, healer, restorer and redeemer. Somehow the act of lament reconnects us with God and leads us to hope and redemption.”

- Latasha Morrison, *Be The Bridge*

3. Grieving Loneliness & Disconnection

### **Psalm 34:18**

The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.