

# Ancient Paths

## ***Wisdom in Pain***

Psalm 137

July 9, 2023

**Introduction:** Wisdom is the art of living. The art of living well. In ancient Israel it was an art well-studied and practiced and taught. Scholars speak of the “wisdom tradition” in the Bible. But what Israel learned is that true wisdom isn’t a human invention at all. It’s a gift from God. To those who seek the ancient paths, it’s a gift God gives freely, not for their religious lives or spiritual lives but for the whole of life. For the flourishing of their lives. “Come,” wisdom calls, “ask for the ancient paths where the good way lies, and walk in it.”

**Prayer:** Lord God equip us by your words to find meaning and hope in the challenges we are facing today. May your Spirit speak clearly through our scripture and conversation. Amen

**Read:** Psalm 137

**Review:** How did remembering God’s gift of Jesus affect your week?

### ***Discussion:***

1. The Jewish Exiles in Babylon are mourning the destruction of Jerusalem. What are they doing in their grief?
2. How does it feel to be told to be happy when you are grieving? What are some ways you can support someone who is grieving?
3. Verses 7-9 do not usually make it in to songs inspired by Psalm 137. Why do you think these verses are included in the Psalm?
4. What have you learned in times of pain? What are you asking God about to learn more?

**Application:** Take time to pray for God’s guidance in the pain in your life and in other’s lives. Listen for God’s heart. Amen.

**Prayer:** Father, thank you for your presence and your promises which give us cause to find joy even when we are in pain. May we notice your presence and hold on to our hope in you. Amen.