

## Psalm 84

- 1 How lovely is your dwelling place, Lord Almighty!
- 2 My soul yearns, even faints, for the courts of the Lord;  
my heart and my flesh cry out for the living God.
- 3 Even the sparrow has found a home, and the swallow a nest for herself,  
where she may have her young - a place near your altar,  
Lord Almighty, my King and my God.
- 4 Blessed are those who dwell in your house; they are ever praising you.
  
- 5 Blessed are those whose strength is in you, whose hearts are set on pilgrimage.
- 6 As they pass through the Valley of Baka, they make it a place of springs;  
the autumn rains also cover it with pools.
- 7 They go from strength to strength, till each appears before God in Zion.
  
- 8 Hear my prayer, Lord God Almighty; listen to me, God of Jacob.
- 9 Look on our shield, O God; look with favor on your anointed one.
  
- 10 Better is one day in your courts than a thousand elsewhere;  
I would rather be a doorkeeper in the house of my God than dwell in the  
tents of the wicked.
- 11 For the Lord God is a sun and shield; the Lord bestows favor and honor;  
no good thing does he withhold from those whose walk is blameless.
  
- 12 Lord Almighty, blessed is the one who trusts in you.



“We should be thankful for our tears: They prepare us for a clearer vision of God.”

William A. Ward  
American writer  
1921-1994



When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings.

Psalm 84:6 NLT

### 1. Finding hope in the valley

### Psalm 84

2. Tears of repentance

Luke 7:36-50

3. Tears for the lost

Luke 19:28-44

4. Your tears will turn to joy

John 16:16-20

5. You are not alone

John 20:11-18

6. No more tears

Revelation 21:4

## Finding Hope in the Valley - Psalm 84

Psalm 84 overview:

### LIFE AS A PILGRIM

v.4 Blessed are those who \_\_\_\_\_

1.

2.

v.5 Blessed are those whose \_\_\_\_\_ - is in you, whose \_\_\_\_\_ is set on \_\_\_\_\_

3.

4.

Simon of Cyrene (Mark 15:21)

### OUR DESTINATION - THE COURTS OF THE KING

- We need to \_\_\_\_\_ (v.12)

John 14:1-6

1. Have you ever thought of your life as a pilgrimage? How does living as a pilgrim change your view of life?
2. There are 4 aspects (from this Psalm) of living as a pilgrim (see notes opposite). Review each one, and answer the question - How do I live this way?
3. Read Mark 15:1-25. Simon and his family were on a pilgrimage to celebrate Passover in Jerusalem. It was probably the trip of a lifetime. Try to put yourselves in his position as the soldier orders you to pick up the cross. What would be going through your head? What about his wife and children watching - how do you think they are feeling?
4. We go on a pilgrimage to bring ourselves into the presence of God. Simon literally looked into the face of God as he picked up the cross. Read Luke 9:23. What should be our goal in life as a pilgrim?
5. Our pilgrimage takes us through the valley of Baka - the valley of tears. We all go through times of grief, hardship and struggle, that often bring us to tears. The NLT translates Psalm 84:6-7, "As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength, till each appears before God in Zion." What does this say about the life of the pilgrim who is going through the valley of tears?
6. Psalm 84 finishes with, "blessed is the one who trusts in you." (v.12) Jesus talks to His disciples about the destination of our pilgrimage in John 14:1-6. His disciples were greatly troubled and filled with grief because Jesus had told them he was going to die. Jesus gave them an assurance. What was it? Verse 5 says, "Blessed are those whose strength is in you, whose hearts are set on pilgrimage." How do we set out heart on pilgrimage? (Read Ps 84:10-12)