



## CELL GUIDE

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TOPIC	Unless the Lord: Psalm127:1-5	SPEAKER	Pastor Benny Ho
THEME	Faith	DATE	4 & 5 October 2025

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# MESSAGE SUMMARY

## INTRODUCTION

Psalm 127:1 *“Unless the Lord builds the house, the builders labour in vain. Unless the Lord watches over the city, the guards stand watch in vain.”*

Visiting Pastor Benny Ho shared that this Psalm calls us to break out of self-sufficiency and move into complete dependance on God. The phrase *“Unless the Lord...”*, is a reminder that no matter what we seek to build - our careers, marriages, families or wealth - it will all be in vain if God is not in it. This Psalm cuts through our illusion of control and challenges our pride in self-reliance.

## 3 KEY TRUTHS

### 1) The Vanity of Self-Reliance

We live in a world that glorifies self-sufficiency. We celebrate being “self-made”, striving to build our lives, careers and wealth through our own wisdom and effort. But Psalm 127 reminds us that without God’s presence and blessings, all our toil is ultimately futile. What seems empowering is an illusion – it feeds our pride, deepens our reliance of our own abilities and erodes our dependance on God.

As an illustration, Ps Benny shared the building of the Great Wall of China. Though it was built to keep enemies out, China was invaded three times within a century from the time the wall was erected - not by force, but through bribery of the gatekeepers. The people were so focused on building the wall that they neglected to build character and integrity in their children. Likewise, if we focus on building careers and wealth without nurturing our spiritual lives, we risk toiling in vain – becoming slaves to materialism instead of walking in God’s purpose.

### 2) The Gift of Restedness. Psalm 127:2a – *“... for he grants sleep to those he loves.”*

The alternative to anxious striving is the gracious gift of rest that comes only from God. True rest flows from the conviction that God is Sovereign, He is Good and His purposes will prevail.

Therefore, we need not be anxious about anything. As Philippians 4:6-7 reminds us, when we present everything to God in prayer, His peace will guard our hearts and minds in Christ Jesus. Yet, while God is gracious to give us rest, the question remains: Are we willing and gracious enough to receive it?

3) **The Grace of Receiving.** Psalm 127:3 *“...children are a heritage from the Lord, offspring a reward from him.”*

God not only calls us to rest but also to receive His gifts with gratitude and stewardship. Our children are gifts from God. As stewards, we are called to nurture them according to how God has uniquely designed them, remembering always that what we have has been entrusted to us by His grace.

## CONCLUSION

*“Unless the Lord...”* is not a call to passivity, it is a call to partnership. We are still called to build, but with God as our Master Builder; to work, but with His strength and wisdom; to watch, but with Him as our ultimate security.

God alone is our true watchman. Our part is to faithfully steward our families, resources and giftings, knowing that they come from Him and must be sustained by Him.

# QUESTIONS

1. Consider a scale - from 0 to 10 - rating your state of reliance when faced with difficult situations (10 being very self-sufficient and 0 being completely dependent on God). What is your average rating most of the time? Why?

2. Share your own experience where you have been able to experience “rest” from God. How has it impacted your walk with God?

3. “Unless the Lord...” reminds us that we are called to partner with God – what would it look like for you to “build with God” in our work, family, and/or ministry?