



## [Psalm 127:1-5](#)

(1) Unless the LORD builds the house,  
its builders labor in vain.  
Unless the LORD watches over the city,  
the watchmen stand guard in vain. (2) In vain you rise early  
and stay up late,  
toiling for food to eat—  
for he grants sleep to those he loves. (3) Sons are a heritage from the LORD,  
children a reward from him. (4) Like arrows in the hands of a warrior  
are sons born in one's youth. (5) Blessed is the man  
whose quiver is full of them.  
They will not be put to shame  
when they contend with their enemies in the gate.  
*New International Version*

We can infer that the psalmist is someone who has been blessed by [God](#). The principle in this psalm, then, is that all human effort is vain unless we have the Lord's blessings. That means that we have to take active steps to involve Him in every aspect of our lives. This lesson is applied here to four areas of life: 1) building a house, 2) guarding a city for security issues, 3) working long hours, and 4) rearing the children.

The psalmist also mentions sleep, which symbolizes and suggests the setting aside of care and forgetting one's need. Those who put their trust in God are delivered from fretting and fuming, and they are supplied rest. They sleep secure. They are not at all worried and overwrought. We can relate to sleepless nights because we have all been in a state of anxiety about something.

This is even mentioned in the New Testament about [Jesus](#), when the disciples were sailing across the Sea of Galilee, and the boat was pitching about wildly in a storm. Jesus, however, was asleep! They were hanging on for dear life to the sides of the boat and were ready to do whatever it took to save themselves. Some were probably bailing

The Berean: Daily Verse and Commentary for Psalm 127:1-5 (<http://www.theberean.org>)  
furiously. Yet, He was peacefully asleep, and they cried, “Lord, why do you sleep?  
Save us!”

— John W. Ritenbaugh

**To learn more, see:**

**[The Christian and the World \(Part 8\)](#)**



**Related Topics:**

[Anxiety](#)

[Fretting](#)

[Peaceful Satisfaction](#)

[Trust in God](#)

Commentary copyright © 1992-2016 [Church of the Great God](#)  
New International Version copyright © 1973, 1978, 1984 by [International Bible Society](#)