

*Psalms of*  
**ASCENT**

# *Psalms of* **Ascent**

PSALM 120:  
God's presence during distress

PSALM 121:  
Joyful praise to the Lord

PSALM 122:  
Prayer for Jerusalem

PSALM 123:  
Patience for God's mercy

PSALM 124:  
Help comes from the Lord

PSALM 125:  
Prayer for God's blessing upon  
His people

PSALM 126:  
The Lord has done great things

PSALM 127:  
God's blessing on man's efforts

PSALM 128:  
Joy for those who follow God's  
ways

PSALM 129:  
A cry for help to the Lord

PSALM 130:  
A prayer of repentance

PSALM 131:  
Surrender as a child to  
the Lord

PSALM 132:  
God's sovereign plan for His people

PSALM 133:  
Praise of brotherly fellowship  
and unity

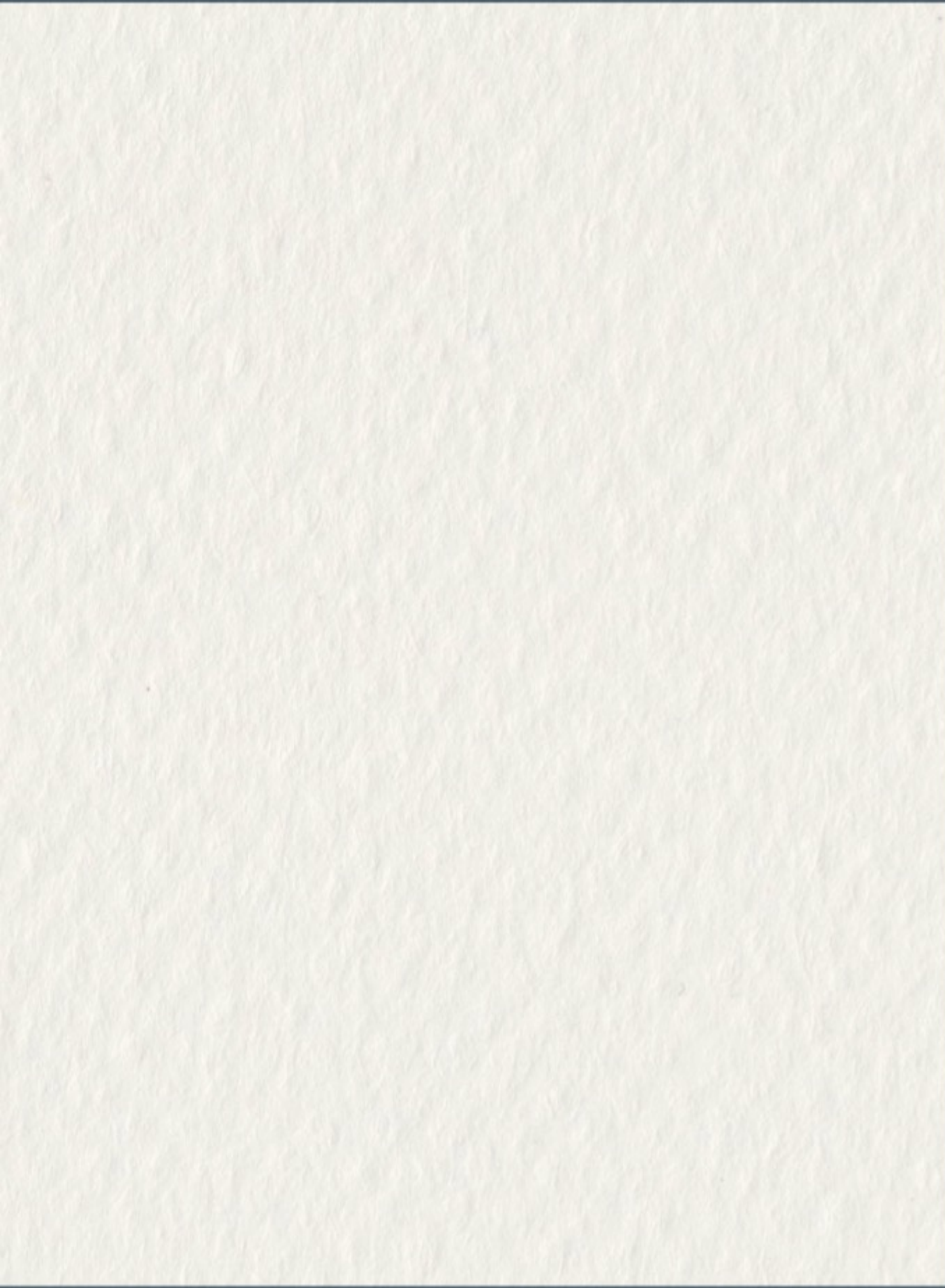
PSALM 134:  
Praise to God in His temple

**Psalm 84:5-7** NIV

Blessed are those whose strength is in you,  
whose hearts are set on pilgrimage.

<sup>6</sup>As they pass through the Valley of Baka,  
they make it a place of springs;  
the autumn rains also cover it with pools.

<sup>7</sup>They go from strength to strength,  
till each appears before God in Zion.



“We shall consider them as songs sung by those pilgrims who went up to Jerusalem to worship... These songs of desire, and hope, and approach are appropriate for the pilgrims' to use as they go up to worship.”

- G. CAMPBELL MORGAN



Our worship and approach to worship  
forms life and determines destiny.

Our worship and approach to worship  
forms life and *determines* destiny.

How you approach the worship  
of God matters.

How you approach  
God matters.



# Hebrew Feasts

## **Sabbath:**

*celebrated the rest God provides*

## **Passover & Feast of Unleavened Bread:**

*celebrated the Exodus*

## **The Feast of Weeks (Pentecost):**

*celebrated the harvest and the covenant*

## **The Feast of Trumpets:**

*celebrated a new agricultural year and called for repentance*

## **The Day of Atonement:**

*celebrated God removing Israel's sin*

## **The Feast of Tabernacles:**

*celebrated the wilderness journey*

# Hebrew Pilgrim Feasts

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# Our Church Calendar

**Sabbath/Lord's Day:**

*celebrates the finished work of Jesus*

**Advent:**

*four-week anticipation of Christmas*

**Christmas:**

*celebrates the birth of Christ*

**Epiphany:**

*celebrates the arrival of the wise men*

**Lent:**

*40 days of reflection prior to Easter*

**Holy Week:**

*celebrates the passion of Jesus and the resurrection*

# Our Cultural Calendar

**Back to School:**

*celebrates the start of new things*

**Fall-fest/Thanksgiving:**

*celebrates football, fall, friends, and family*

**Christmas:**

*celebrates Santa, gifts, and a cappella music*

**Valentine's Day:**

*celebrates romantic love*

**Spring Break:**

*celebrates rest and recreation*

**Memorial Day & Independence Day:**

*remembers fallen veterans, celebrates America, and launches summer*

## Psalm 120 <sup>NIV</sup>

*A song of ascents.*

I call on the LORD in my distress,  
and he answers me.

<sup>2</sup> Save me, LORD,  
from lying lips  
and from deceitful tongues.

<sup>3</sup> What will he do to you,  
and what more besides,  
you deceitful tongue?

<sup>4</sup> He will punish you with a warrior's sharp arrows,  
with burning coals of the broom bush.

<sup>5</sup> Woe to me that I dwell in Meshek,  
that I live among the tents of Kedar!

<sup>6</sup> Too long have I lived  
among those who hate peace.

<sup>7</sup> I am for peace;  
but when I speak, they are for war.

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## **Psalm 122:3-4** <sup>NIV</sup>

Jerusalem is built like a city  
that is closely compacted together.

<sup>4</sup> That is where the tribes go up—  
the tribes of the LORD—  
to praise the name of the LORD  
according to the statute given to Israel.

## **Psalm 121:1-2** <sup>NIV</sup>

I lift up my eyes to the mountains—  
where does my help come from?

<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.

## **Psalms 123:3** <sup>NIV</sup>

Have mercy on us, LORD, have mercy on us,  
for we have endured no end of contempt.

## **Psalm 125:1-2** <sup>NIV</sup>

Those who trust in the LORD are like Mount Zion,  
which cannot be shaken but endures forever.

<sup>2</sup> As the mountains surround Jerusalem,  
so the Lord surrounds his people  
both now and forevermore.

# *Psalms of* **Ascent**

## **Psalm 126** <sup>NIV</sup>

*A song of ascents*

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

<sup>2</sup> 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."

<sup>3</sup> The LORD has done great things for us,  
and we are filled with joy.

<sup>4</sup> Restore our fortunes, LORD,  
like streams in the Negev.

<sup>5</sup> Those who sow with tears  
will reap with songs of joy.

<sup>6</sup> Those who go out weeping,  
carrying seed to sow,  
will return with songs of joy,  
carrying sheaves with them.



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**Psalm 127:1** <sup>NIV</sup>

Unless the LORD builds the house,  
the builders labor in vain.  
Unless the LORD watches over the city,  
the guards stand watch in vain.

**Psalm 130:7-8** <sup>NIV</sup>

Israel, put your hope in the LORD,  
for with the LORD is unfailing love  
and with him is full redemption.  
<sup>8</sup> He himself will redeem Israel  
from all their sins.

**Psalm 128: 1-2** <sup>NIV</sup>

Blessed are all who fear the LORD,  
who walk in obedience to him.  
<sup>2</sup> You will eat the fruit of your labor;  
blessings and prosperity will be yours.

**Psalm 132:17-18** <sup>NIV</sup>

“Here I will make a horn grow for David  
and set up a lamp for my anointed one.  
<sup>18</sup> I will clothe his enemies with shame,  
but his head will be adorned with a radiant crown.”

# *Psalms of* **Ascent**

## **Psalm 133** <sup>NIV</sup>

*A song of ascents. Of David.*

How good and pleasant it is  
when God's people live together in unity!

<sup>2</sup> It is like precious oil poured on the head,  
running down on the beard,  
running down on Aaron's beard,  
down on the collar of his robe.

<sup>3</sup> It is as if the dew of Hermon  
were falling on Mount Zion.

For there the LORD bestows his blessing,  
even life forevermore.

## **Psalm 134** <sup>NIV</sup>

*A song of ascents.*

Praise the LORD, all you servants of the LORD  
who minister by night in the house of the LORD.

<sup>2</sup> Lift up your hands in the sanctuary  
and praise the LORD.

<sup>3</sup> May the LORD bless you from Zion,  
he who is the Maker of heaven and earth.

**Luke 2:41-52** NIV

Every year Jesus' parents went to Jerusalem for the Festival of the Passover. <sup>42</sup> When he was twelve years old, they went up to the festival, according to the custom. <sup>43</sup> After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. <sup>44</sup> Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends.

<sup>45</sup> When they did not find him, they went back to Jerusalem to look for him. <sup>46</sup> After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions.

<sup>47</sup> Everyone who heard him was amazed at his understanding and his answers. <sup>48</sup> When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you." <sup>49</sup> "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" <sup>50</sup> But they did not understand what he was saying to them. <sup>51</sup> Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. <sup>52</sup> And Jesus grew in wisdom and stature, and in favor with God and man.

**Luke 2:41-46<sup>NIV</sup>**

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**Luke 2:51-52<sup>NIV</sup>**

...Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. <sup>52</sup> And Jesus grew in wisdom and stature, and in favor with God and man.

**Hebrews 4:14-16** <sup>NIV</sup>

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Psalm 121:1-2** <sup>NIV</sup>

I lift up my eyes to the mountains—  
where does my help come from?

<sup>2</sup> My help comes from the LORD,  
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**Psalm 121** <sup>NIV</sup>

*A song of ascents.*

- <sup>1</sup> lift up my eyes to the mountains—  
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- <sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;
- <sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.
- <sup>5</sup> The LORD watches over you—  
the LORD is your shade at your right hand;
- <sup>6</sup> the sun will not harm you by day,  
nor the moon by night.
- <sup>7</sup> The LORD will keep you from all harm—  
he will watch over your life;
- <sup>8</sup> the LORD will watch over your coming and going  
both now and forevermore.

# Hebrew Parallelism

## *Synthetic (advancing) parallelism:*

The successive line(s) explain or expand the thought expressed in the first line. (Psalm 1:1)

## *Synonymous (affirming) parallelism:*

The writer repeats the thought of the first line in the following line. (Psalm 1:2)

## *Emblematic parallelism:*

The first line contains a figure of speech, and the following lines expand or explain the figure. (Psalm 1:3)

## *Antithetic (opposing) parallelism:*

The second line expresses a contrasting thought compared to the first line. (Psalm 1:6)



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