

Scripture: "The Psalms of Ascent"

Selections from Psalms 121, 123, 125, 126, 130, 134

A song of ascents.

¹I lift up my eyes to the mountains—
where does my help come from?

²My help comes from the LORD,
the Maker of heaven and earth.

³He will not let your foot slip—
he who watches over you will not slumber;

⁴indeed, he who watches over Israel
will neither slumber nor sleep.

⁵The LORD watches over you—
the LORD is your shade at your right hand;

⁶the sun will not harm you by day,
nor the moon by night.

⁷The LORD will keep you from all harm—
he will watch over your life;

⁸the LORD will watch over your coming and going
both now and forevermore.

Message: It's Time for...Travel

Steps on Our Journey...

Steps for _____:

1. Start with _____ (Ps 126)

A song of ascents.

¹When the LORD restored the fortunes of Zion,
we were like those who dreamed.

²Our 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."

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

⁴Restore our fortunes, LORD,
like streams in the Negev.

⁵Those who sow with tears
will reap with songs of joy.

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

- **For God's** _____

- **For God's** _____

2. Remember to _____ (Psalm 130)

¹Out of the depths I cry to you, LORD;

² Lord, hear my voice.

Let your ears be attentive
to my cry for mercy.

³If you, LORD, kept a record of sins,
Lord, who could stand?

⁴But with you there is forgiveness,
so that we can, with reverence, serve you.

- **Starting** _____

- **To Serve with** _____

Steps for _____:

3. Continue with _____ (Psalm 123)

¹I lift up my eyes to you,
to you who sit enthroned in heaven.

²As the eyes of slaves look to the hand of their master,
as the eyes of a female slave look to the hand of her mistress,
so our eyes look to the LORD our God,
till he shows us his mercy.

- **A spirit of** _____

- **A spirit of** _____

4. Go with _____ (Psalm 121; Psalm 125...)

¹Those who trust in the LORD are like Mount Zion,
which cannot be shaken but endures forever.

²As the mountains surround Jerusalem,
so the LORD surrounds his people
both now and forevermore.

- **He** _____
- **He** _____

5. Look forward with _____ (Psalm 130)

⁵I wait for the LORD, my whole being waits,
and in his word I put my hope.

⁶I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.

⁷Israel, put your hope in the LORD,
for with the LORD is unfailing love
and with him is full redemption.

⁸He himself will redeem Israel
from all their sins.

- **Assurance from His** _____
- **Anticipation of His** _____

Step for _____:

6. Finish with _____ (Psalms 126, 134:)

¹When the LORD restored the fortunes of Zion,
we were like those who dreamed.

²Our 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."

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

134:¹Praise the LORD, all you servants of the LORD
who minister by night in the house of the LORD.

²Lift up your hands in the sanctuary
and praise the LORD.

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

- To _____ Him

- To _____ Him

A Message for Me...