

*Psalm* of  
ASCENT





*psalms of ascent*



*Psalms of*  
**ASCENT**

*We Are On a Journey*

*We Need Help*

*God's Presence is Our Help*



*Psalms of*  
**ASCENT**

We Are On a Journey

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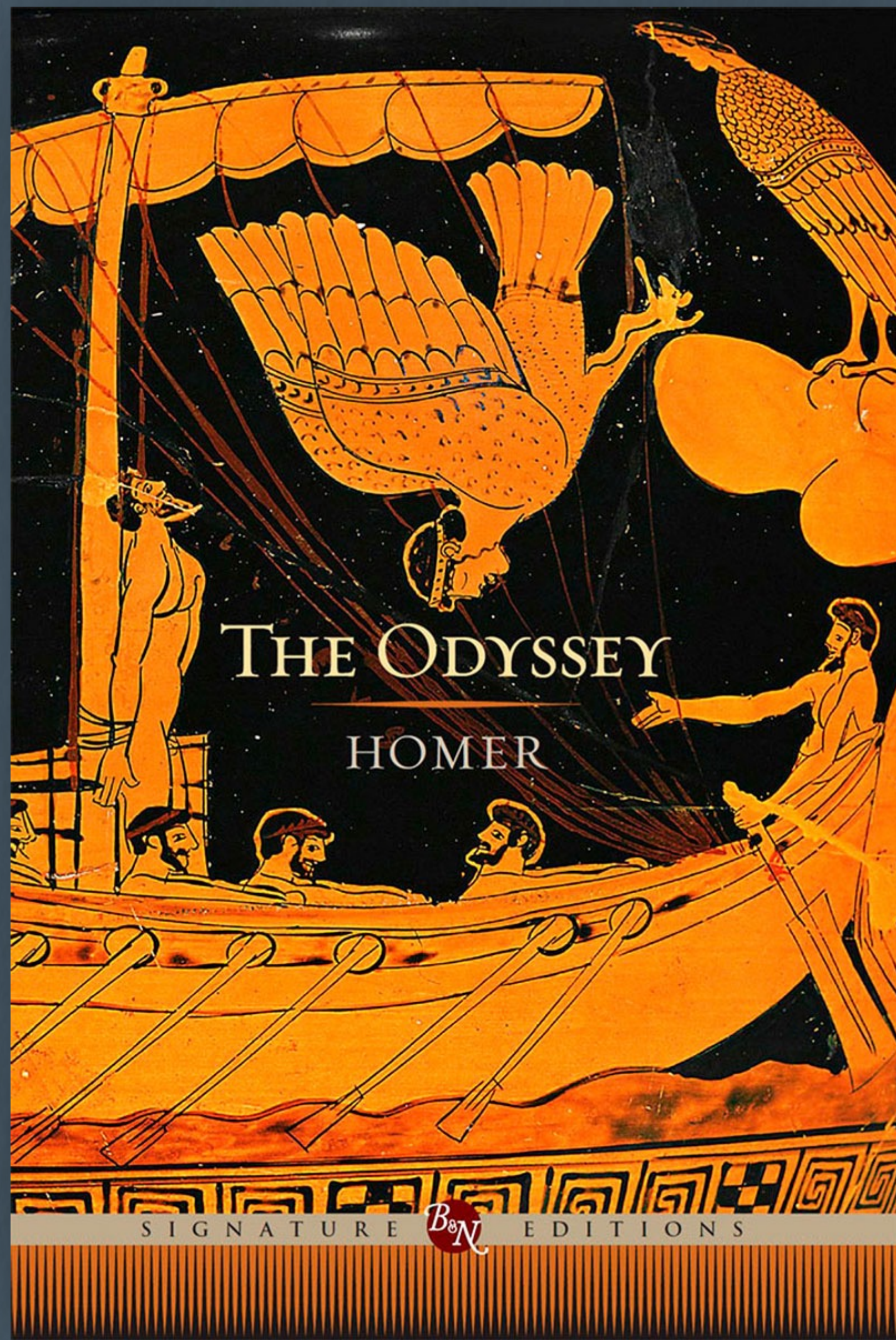


*Far Away*



*psalms of ascent*

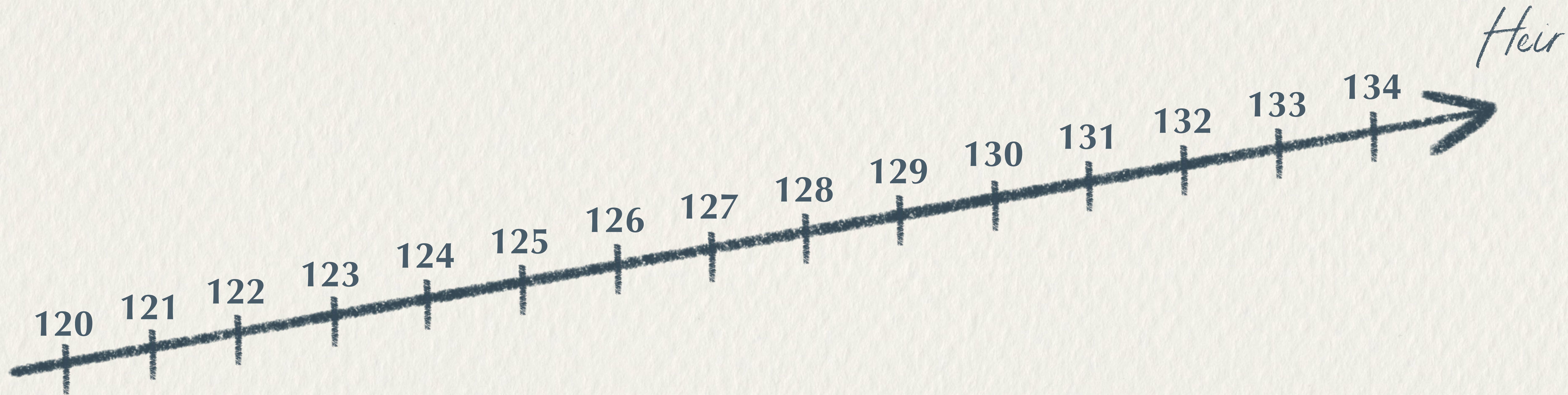




*psalms of ascent*



*Exile*



*psalms of ascent*



*Psalms of*  
**ASCENT**

*We Are On a Journey*

*We Need Help*

*God's Presence is Our Help*



## Psalm 121 <sup>NIV</sup>

*A song of ascents*

<sup>1</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.

<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.



**Psalm 124:8** NIV

Our help is in the name of the Lord,  
the Maker of heaven and earth.

**Psalm 127:1** NIV

Unless the LORD builds the house,  
the builders labor in vain.

Unless the Lord watches over the city,  
the guards stand watch in vain.



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The presence of God is our  
Help and Destination



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“The list of promises here is not meant to suggest that those who walk in the shelter of God will face no harm or that nothing ill will befall them. The Psalter knows all too well that the wicked are everywhere and that they thrive unjustly.”

*David Kidner*



“These promises, however, are meant as characteristic promises — these are the sort of things that the Lord does for those who rely on him. And the words of blessing and promise evoke God’s protection and our awareness of it.”

*David Kidner*



**Philippians 3:10-11** NIV

I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,<sup>11</sup> and so, somehow, attaining to the resurrection from the dead.



**Acts 14:21b-22** <sup>NIV</sup>

Then they returned to Lystra, Iconium and Antioch,  
<sup>22</sup> strengthening the disciples and encouraging them  
to remain true to the faith. “We must go through  
many hardships to enter the kingdom of God,”  
they said.



**1 Peter 1:6-7** NIV

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. <sup>7</sup> These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.



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