

# ENTER

Psalms of Ascents



Torrens Valley Christian Centre Inc is  
a member of Crosslink Christian Network

15 Week Journey

## you are invited to...

The invitation is to **enter deeper into God's presence.**

As we engage with these Psalms, we join with what our ancestors in the faith have done for thousands of years as they headed towards Jerusalem and an encounter with God. As we learn to go deeper and higher in prayer, we follow the pattern of those who came before, as they learned to pray the psalms.

You have what it takes to do this.

- R** **read**  
what does this say about God?  
what does this say about me?
  
- A** **apply**  
what will I do in response?  
who will I tell about it?
  
- P** **pray**
  - sit and listen
  - speak psalm out loud
  - sing the words
  - wait
  - wait again

# PSALM 120

week 01

A song of ascents.

- 1 I call on the Lord in my distress,  
and he answers me.
- 2 Save me, Lord,  
from lying lips  
and from deceitful tongues.
- 3 What will he do to you,  
and what more besides,  
you deceitful tongue?
- 4 He will punish you with a warrior's  
sharp arrows,  
with burning coals of the broom  
bush.
- 5 Woe to me that I dwell in Meshek,  
that I live among the tents of Kedar!
- 6 Too long have I lived  
among those who hate peace.
- 7 I am for peace;  
but when I speak, they are for war.

read:

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apply:

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pray:

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# PSALM 121

week 02

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

read:

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apply:

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pray:

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# PSALM 122

week 03

- 1 I rejoiced with those who said to me,  
“Let us go to the house of the Lord.”
- 2 Our feet are standing  
in your gates, Jerusalem.
- 3 Jerusalem is built like a city  
that is closely compacted together.
- 4 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.
- 5 There stand the thrones for judgment,  
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem:  
“May those who love you be secure.
- 7 May there be peace within your walls  
and security within your citadels.”
- 8 For the sake of my family and friends,  
I will say, “Peace be within you.”
- 9 For the sake of the house of the Lord  
our God, I will seek your prosperity.

read:

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apply:

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pray:

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# PSALM 123

week 04

- 1 I lift up my eyes to you,  
to you who sit enthroned in heaven.
- 2 As 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.
- 3 Have mercy on us, Lord, have mercy  
on us,  
for we have endured no end of  
contempt.
- 4 We have endured no end  
of ridicule from the arrogant,  
of contempt from the proud.

read:

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apply:

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pray:

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# PSALM 124

week 05

- 1 If the Lord had not been on our side  
— let Israel say—
- 2 if the Lord had not been on our side  
when people attacked us,
- 3 they would have swallowed us alive  
when their anger flared against us;
- 4 the flood would have engulfed us,  
the torrent would have swept over us,
- 5 the raging waters  
would have swept us away.
- 6 Praise be to the Lord,  
who has not let us be torn by their  
teeth.
- 7 We have escaped like a bird  
from the fowler's snare;  
the snare has been broken,  
and we have escaped.
- 8 Our help is in the name of the Lord,  
the Maker of heaven and earth.

read:

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apply:

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pray:

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# PSALM 125

week 06

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

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

3 The scepter of the wicked will not  
remain over the land allotted to the  
righteous,  
for then the righteous might use  
their hands to do evil.

4 Lord, do good to those who are good,  
to those who are upright in heart.

5 But those who turn to crooked ways  
the Lord will banish with the evildoers.  
Peace be on Israel.

read:

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apply:

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pray:

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# PSALM 126

week 07

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

2 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.”

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

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

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

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

read:

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apply:

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pray:

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# PSALM 127

week 08

- 1 Unless the Lord builds the house,  
the builders labor in vain.  
Unless the Lord watches over the city,  
the guards stand watch 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 Children are a heritage from the Lord,  
offspring a reward from him.
- 4 Like arrows in the hands of a warrior  
are children 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  
opponents in court.

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apply:

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pray:

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# PSALM 128

week 09

- 1 Blessed are all who fear the Lord,  
who walk in obedience to him.
- 2 You will eat the fruit of your labor;  
blessings and prosperity will be yours.
- 3 Your wife will be like a fruitful vine  
within your house;  
your children will be like olive shoots  
around your table.
- 4 Yes, this will be the blessing  
for the man who fears the Lord.
- 5 May the Lord bless you from Zion;  
may you see the prosperity of  
Jerusalem  
all the days of your life.
- 6 May you live to see your children's  
children—  
peace be on Israel.

read:

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apply:

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pray:

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# PSALM 129

week 10

- 1 “They have greatly oppressed me from my youth,” let Israel say;
- 2 “they have greatly oppressed me from my youth, but they have not gained the victory over me.
- 3 Plowmen have plowed my back and made their furrows long.
- 4 But the Lord is righteous; he has cut me free from the cords of the wicked.”
- 5 May all who hate Zion be turned back in shame.
- 6 May they be like grass on the roof, which withers before it can grow;
- 7 a reaper cannot fill his hands with it, nor one who gathers fill his arms.
- 8 May those who pass by not say to them,  
“The blessing of the Lord be on you;  
we bless you in the name of the Lord.”

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apply:

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pray:

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# PSALM 130

week 11

- 1 Out of the depths I cry to you, Lord;
- 2 Lord, hear my voice. Let your ears be attentive to my cry for mercy.
- 3 If you, Lord, kept a record of sins, Lord, who could stand?
- 4 But with you there is forgiveness, so that we can, with reverence, serve you.
- 5 I wait for the Lord, my whole being waits, and in his word I put my hope.
- 6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.
- 7 Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.
- 8 He himself will redeem Israel from all their sins.

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apply:

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pray:

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# PSALM 131

week 12

1 My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself  
with great matters  
or things too wonderful for me.  
2 But I have calmed and quieted  
myself,  
I am like a weaned child with its  
mother;  
like a weaned child I am content.  
3 Israel, put your hope in the Lord  
both now and forevermore.

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apply:

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pray:

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# PSALM 132

# week 13

1 Lord, remember David  
and all his self-denial.  
2 He swore an oath to the Lord, he made  
a vow to the Mighty One of Jacob:  
3 "I will not enter my house  
or go to my bed,  
4 I will allow no sleep to my eyes  
or slumber to my eyelids,  
5 till I find a place for the Lord,  
a dwelling for the Mighty One of Jacob."  
6 We heard it in Ephrathah,  
we came upon it in the fields of Jaar:  
7 "Let us go to his dwelling place,  
let us worship at his footstool, saying,  
8 'Arise, Lord, and come to your resting  
place, you and the ark of your might.  
9 May your priests be clothed with your  
righteousness;  
may your faithful people sing for joy.'"  
10 For the sake of your servant David,  
do not reject your anointed one.

11 The Lord swore an oath to David,  
a sure oath he will not revoke:  
"One of your own descendants  
I will place on your throne.  
12 If your sons keep my covenant and the  
statutes I teach them, then their sons will  
sit on your throne for ever and ever."  
13 For the Lord has chosen Zion,  
he has desired it for his dwelling, saying,  
14 "This is my resting place for ever and  
ever; here I will sit enthroned, for I have  
desired it.  
15 I will bless her with abundant provisions;  
her poor I will satisfy with food.  
16 I will clothe her priests with salvation, and  
her faithful people will ever sing for joy.  
17 "Here I will make a horn grow for David  
and set up a lamp for my anointed one.  
18 I will clothe his enemies with shame,  
but his head will be adorned with a  
radiant crown."

# week 13

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apply:

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pray:

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# PSALM 133

week 14

- 1 How good and pleasant it is when God's people live together in unity!
- 2 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.
- 3 It is as if the dew of Hermon were falling on Mount Zion.  
For there the Lord bestows his blessing, even life forevermore.

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apply:

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pray:

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# PSALM 134

**week 15**

- 1 Praise the Lord, all you servants of the Lord  
who minister by night in the house of the Lord.
- 2 Lift up your hands in the sanctuary and praise the Lord.
- 3 May the Lord bless you from Zion, he who is the Maker of heaven and earth.

read:

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apply:

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pray:

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