

August 27, 2023

Just a brief reminder of what the Songs of Ascent are – this group of 15 Psalms, from 120-134 are Psalms that the Jewish people would sing and recite on their journey to the three annual festivals in Jerusalem. They are called the Songs of Ascent because to get to Jerusalem is an uphill journey – you ascend to Jerusalem.

And this is the last one – they’ve reached the top of the hill. They’ve made it to their destination. They get to worship at the temple. The temple in Jerusalem is where this Psalm is set. When it says “who stand by night in the house of the Lord” – that’s the temple; “Lift up your hands to the Holy Place” – that’s the temple; May the Lord bless you from Zion that’s Jerusalem.

- 1. Praise the Lord!
- 2. Praise the Lord with your whole life!
- 3. Praise the Lord with your whole life, and enjoy God’s blessings!

Reflection Questions:

- 1. What is one blessing you have received from the Lord recently? Thank God for it.
- 2. In what ways do you most effectively connect with God? What is one plan you can make to connect with God in this way sometime soon?
- 3. Ask God to speak to you about being a worshiper. How is God inviting you to worship with your body, with your words, with your entire lives?

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