

THE PSALMS
of ASCENTS
JOURNEY TO JOY



Journey's First Step

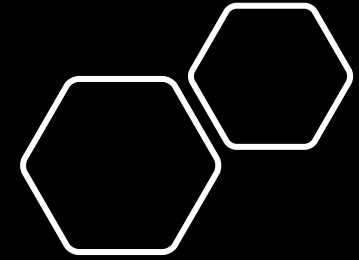
Psalm 120

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I. The Psalter Within a Psalter





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I. The Psalter Within a Psalter

- References to Zion, Jerusalem, Temple
- Speaks of Israel or the whole people of God
- “Blessing” and “peace”
- Metaphors and similes
- Marks of suffering and struggle



Each step *towards* God
is a step *away* from something else.

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II. The First Step

Psalms 120:1-4 - Lord, Listen to Their Lies!

Psalms 120:5-7 - I'm Miserable and Don't Belong Here!





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II. The First Step

Psalms 120:1-4 - Lord, Listen to Their Lies!

Psalms 120:5-7 - I'm Miserable and Don't Belong Here!





Pilgrim – one who sets out for a new place because their current situation is untenable.



Beloved, I urge
you as sojourners
and exiles to
abstain from the
passions of the
flesh, which wage
war against your
soul. 1 Peter 2:11

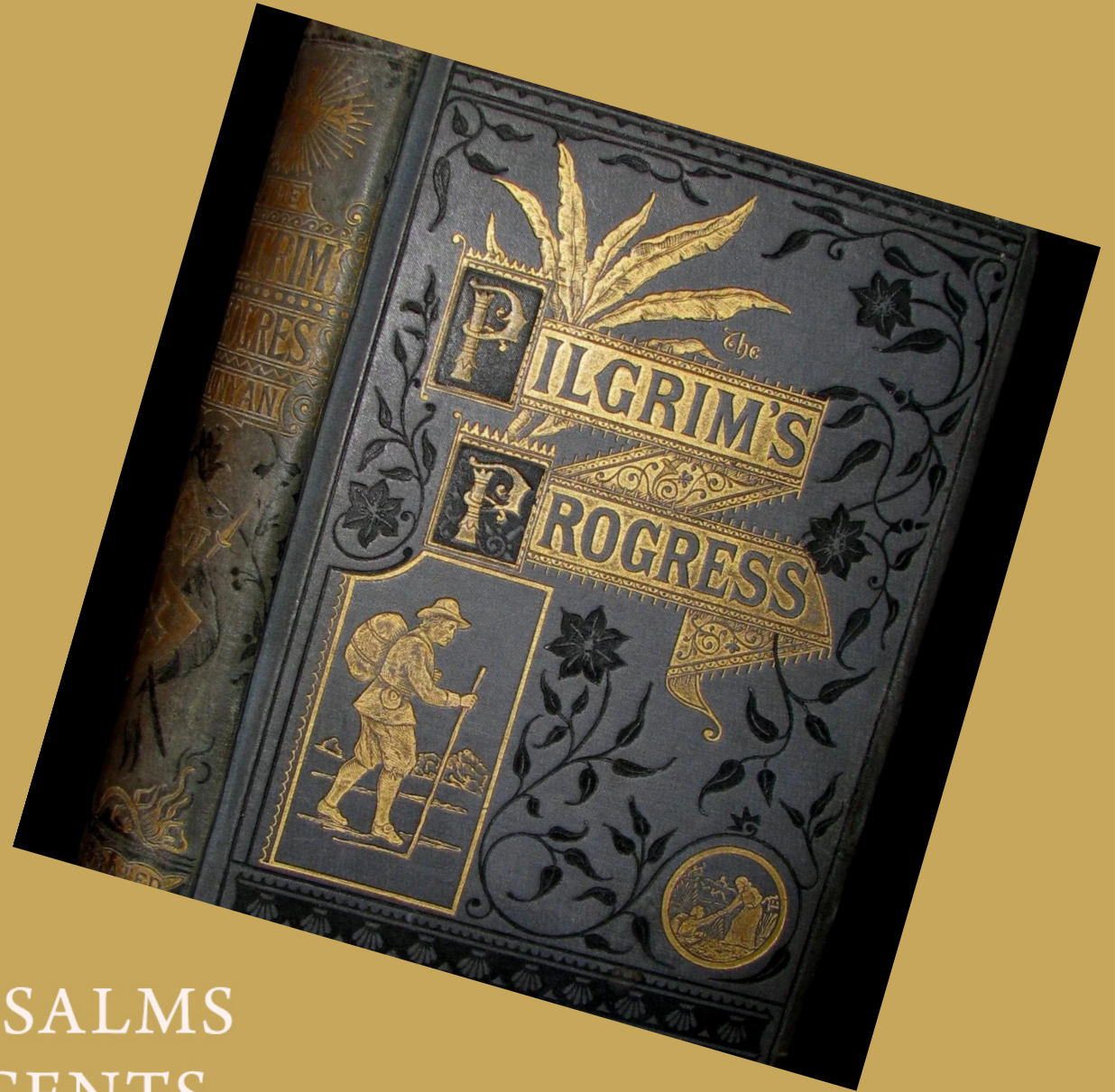




I press on
toward the
goal for the
prize of the
upward call
of God in
Christ Jesus.
Philippians
3:14



John
Bunyan
1628 - 1688



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*“This hill, though high,
I covet to ascend;
the difficulty will not me offend.
For I perceive the way to life lies here.
Come, Pluck up, heart;
let’s neither faint nor fear.
Better, though difficult,
the right way to go,
than wrong, though easy,
where the end is woe.”*

John Bunyan, Pilgrim’s Progress