

THE PSALMS
of ASCENTS
JOURNEY TO JOY

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He Will Keep You

I lift my eyes and see,
I need not be afraid;
All my help comes from the Lord
Who the earth and sky has made.



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He will keep you from all evils
Behind you and before
He will sustain you through this journey
From now and evermore



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The Lord will never sleep
My steps he has ordained
For the One who holds the night
Is the Sov'reign of my days



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Behind you and before
He will sustain you through this journey
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Wait – a state or attitude of watchfulness and expectancy

Hope – to desire with expectation of obtainment or fulfillment

"Waiting on God is **living on what I know to be true about God** when I don't know what's true about my life."

-- Mark Vroegop

Wait, Hope...Trust

Psalms 130-131

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Trusting in God requires confidence in the character, promises and power of God, rather than on human understanding or strength.

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Psalm 130 Why we can trust God

Psalm 131 What it looks like to
trust God



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Psalm 130 Why we can trust God

Out of the depths I cry to you, O LORD!

O Lord, hear my voice!

*Let your ears be attentive to the voice of my pleas for
mercy!*



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Psalm 130 Why we can trust God

“Our iniquities are our worst dangers. If saved from these
we are saved altogether.”

-- C. Spurgeon



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Psalm 130 Why we can trust God

“It is a sober discipline to ponder what the record would look like if God were to keep all my iniquities; the thought is horrifying, and yet this image powerfully prepares me for **the wonder of forgiveness.**”

-- Christopher Ash



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Psalm 130 Why we can trust God

If you, O LORD, should mark iniquities, O Lord, who could stand?

But with you there is forgiveness that you may be feared.



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Psalm 130 Why we can trust God

*For with the LORD there is **steadfast love**,
and with Him is plentiful redemption.
And He will redeem Israel from all his iniquities.*





My soul waits for
the Lord
More than
watchmen for the
morning,
More than
watchmen for the
morning.







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Psalm 131 What it looks like to trust in God

O LORD, my heart is not lifted up;

My eyes are not raised too high;

*I do not occupy myself with things too great and
too marvelous for me.*

Pride – thinking too much of yourself

Arrogance – looking down on others

Selfish Ambition – that does not acknowledge God's
control.



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Psalm 131 What it looks like to trust in God

“Only the humble can address God this way. Say “Lord” over and over. Tell Him you know He is sovereign and you are not.” – Ben Patterson

Confidence in God = Humility

Confidence in Self = Pride





*But I have
calmed and
quieted my
soul,
Like a weaned
child with its
mother;
Like a weaned
child is my soul
within me.*

We can wait with confidence
when we **trust** in the LORD.

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I Will Wait For You

Out of the depths I cry to You
In darkest places I will call
Incline Your ear to me anew
And hear my cry for mercy, Lord.



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Were You to count my sinful ways
How could I come before Your throne?
Yet full forgiveness meets my gaze
I stand redeemed by grace alone



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I will wait for You, I will wait for You
On Your word I will rely
I will wait for You, surely wait for You
Till my soul is satisfied



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So put your hope in God alone
Take courage in His power to save
Completely and forever won
By Christ, emerging from the grave



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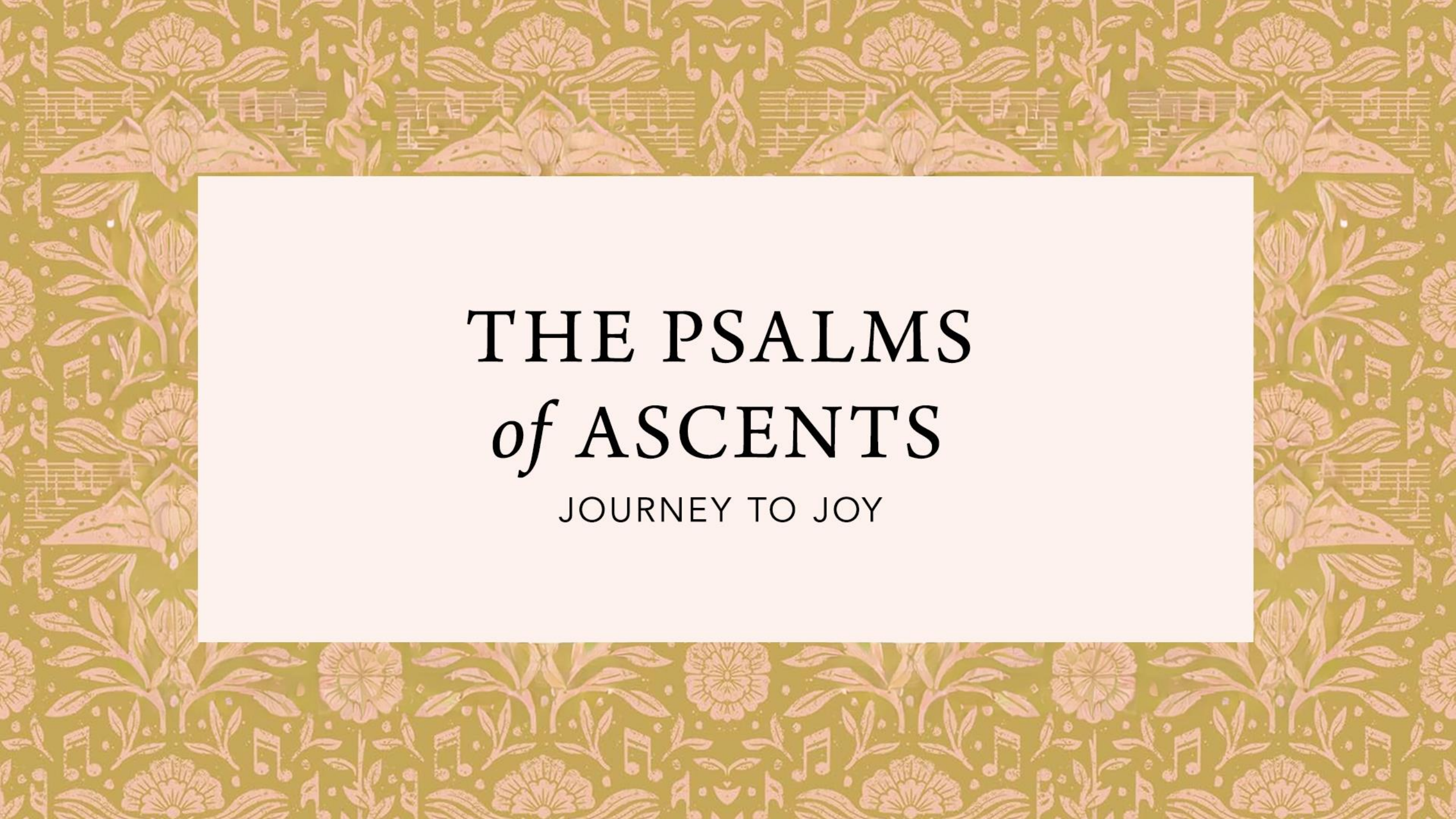
I will wait for You, I will wait for You
On Your word I will rely
I will wait for You, surely wait for You
Till my soul is satisfied



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I will wait trust in You, I will trust in You
Through the storm and through the night
I will trust in You, surely trust in you
For Your love is my delight.



The background of the entire image is a repeating pattern of stylized flowers and musical notes on a gold background. The pattern is symmetrical and covers the entire area. In the center, there is a white rectangular box containing the title text.

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