



The Psalms of Ascent (120 – 134)

Psalms 120-125

*The pilgrimage
of life*

Hostile world

Sufficient God

Home

Psalms 126-131

*The pilgrimage
of the heart*

Heavy Heart

Reliable God

Peace

Psalms 132-134

The end of both

**Dwelling
People
Praise**

Understanding our tears Psalm 126

**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.**

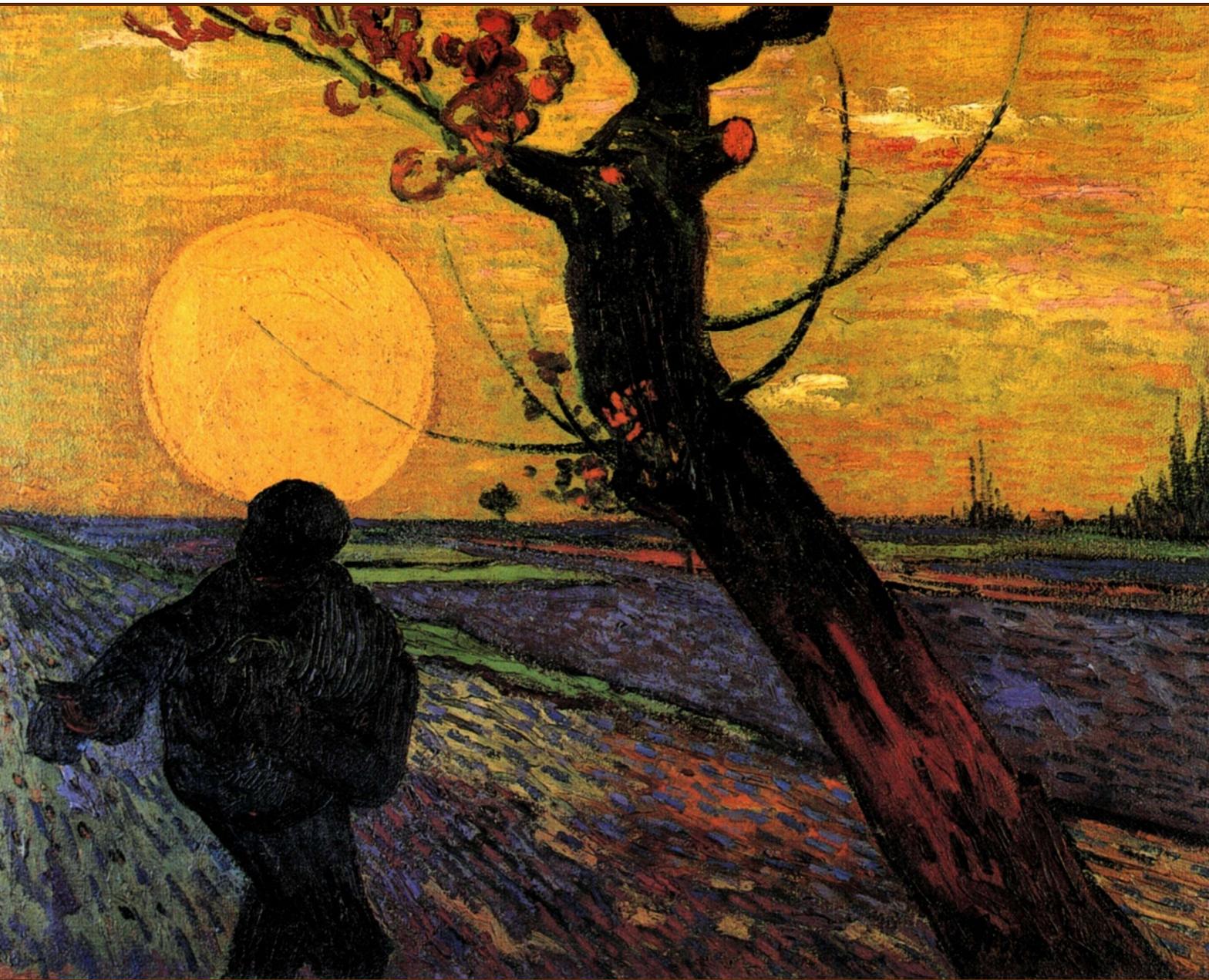
**Then it was said among the nations,
“The Lord has done great things for them.”**

**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.





**Those who sow
with tears ...**

**Those who go
out weeping
carrying seed
to sow**



Those who sow with tears will reap with songs of joy. Those who go out weeping.... will return with songs of joy, carrying sheaves with them.

Managing our drivenness— Psalm 127

¹ Unless the Lord builds the house, the builders labour 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





he grants
sleep
to those
he loves.

Understanding our legacy – Psalm 127:3-6

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.



Expecting God's blessing – Psalm 128

- ¹ Blessed are all who fear the Lord,
who walk in obedience to him.**
- ² You will eat the fruit of your labour;
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.**

