

Psalms of Ascent chart

Psalms 120 – 125						
The pilgrimage of life	A hostile world		A sufficient God		A Home	
	120	Hostility	121	Being kept	122	Joy
	123	Contempt	124	Escape	125	Security
Psalms 126-131						
The pilgrimage of the heart	A heavy heart		A reliable God		Peace in God's city	
	126	Tears	127	Sleep	128	Blessing
	129	Torture	130	Mercy	131	Calm
Psalms 132-134						
The end of both pilgrimages	132	Dwelling	133	Community	134	Praise

This is adapted from Alec Motyer (in his book 'Journey'). He sees these Psalms in groups of 3 with a micro-pattern in each group of 3 mirroring the macro-pattern of the Psalms of Ascent as a whole – expressed in the movement from the grim starting point of the darkness of Kedar (Psalm 120:5 – Kedar = 'dark' – see Jeremiah 4:28) to the arrival at the temple in the sweet darkness of worship (Psalm 134: 1).

The first two groups of three portray the pilgrimage of life through a hostile world, but receiving the Lord's help

The third and fourth groups of three portray the interior 'pilgrimage of the heart'

The fifth group of three (132-134) shows both reaching their destination in Jerusalem in OT terms, in the presence of the Lord, with his people and in the new creation, in the NT.

I will be basically preaching each group of three, emphasizing one Psalm in each group more than the others. The exception is that there will be sermons on both 130 and 131 as I just couldn't resist it.