

## **Songs of Ascents – Part 1**

### ***Psalm 120 “Deliver me, O Lord...”***

- 1 In my distress I called to the Lord,  
and he answered me.
- 2 Deliver me, O Lord,  
from lying lips,  
from a deceitful tongue.
- 3 What shall be given to you,  
and what more shall be done to you,  
you deceitful tongue?
- 4 A warrior's sharp arrows,  
with glowing coals of the broom tree!
- 5 Woe to me, that I sojourn in Meshech,  
that I dwell among the tents of Kedar!
- 6 Too long have I had my dwelling  
among those who hate peace.
- 7 I am for peace,  
but when I speak, they are for war!

### ***Psalm 121: “My help comes from the Lord...”***

- 1 I lift up my eyes to the hills.  
From where does my help come?
- 2 My help comes from the Lord,  
who made heaven and earth.
- 3 He will not let your foot be moved;  
he who keeps you will not slumber.
- 4 Behold, he who keeps Israel  
will neither slumber nor sleep.
- 5 The Lord is your keeper;  
the Lord is your shade on your right hand.

- 6 The sun shall not strike you by day,  
nor the moon by night.
- 7 The Lord will keep you from all evil;  
he will keep your life.
- 8 The Lord will keep  
your going out and your coming in  
from this time forth and forevermore.

***Psalm 122: “Let us go to the house of the Lord...”***

- 1 I was glad when they said to me,  
“Let us go to the house of the LORD!”
- 2 Our feet have been standing  
within your gates, O Jerusalem!
- 3 Jerusalem—built as a city  
that is bound firmly together,  
4 to which the tribes go up,  
the tribes of the LORD,  
as was decreed for Israel,  
to give thanks to the name of the LORD.
- 5 There thrones for judgment were set,  
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem!  
“May they be secure who love you!
- 7 Peace be within your walls  
and security within your towers!”
- 8 For my brothers and companions' sake  
I will say, “Peace be within you!”
- 9 For the sake of the house of the LORD our God,  
I will seek your good!”

***Psalm 123: “Our eyes look to the Lord...”***

- 1 To you I lift up my eyes,  
O you who are enthroned in the heavens!
- 2 Behold, as the eyes of servants  
look to the hand of their master,  
as the eyes of a maidservant  
to the hand of her mistress,  
so our eyes look to the LORD our God,  
till he has mercy upon us.
- 3 Have mercy upon us, O LORD, have mercy upon us,  
for we have had more than enough of contempt.
- 4 Our soul has had more than enough  
of the scorn of those who are at ease,  
of the contempt of the proud.

***Psalm 124: “Our help is in the name of the Lord...”***

- 1 If it had not been the LORD who was on our side—  
let Israel now say—
- 2 if it had not been the LORD who was on our side  
when people rose up against us,
- 3 then they would have swallowed us up alive,  
when their anger was kindled against us;
- 4 then the flood would have swept us away,  
the torrent would have gone over us;
- 5 then over us would have gone  
the raging waters.
- 6 Blessed be the LORD,  
who has not given us  
as prey to their teeth!
- 7 We have escaped like a bird  
from the snare of the fowlers;  
the snare is broken,  
and we have escaped!

8 Our help is in the name of the LORD,  
who made heaven and earth.

## Cross References

**Deuteronomy 16 v 16:** “Three times a year all your males shall appear before the LORD your God at the place that he will choose: at the Feast of Unleavened Bread, at the Feast of Weeks, and at the Feast of Booths...”

**Luke 2 v 41 to 50:** Now his parents went to Jerusalem every year at the Feast of the Passover. <sup>42</sup> And when he was twelve years old, they went up according to custom. <sup>43</sup> And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, <sup>44</sup> but supposing him to be in the group they went a day's journey, but then they began to search for him among their relatives and acquaintances, <sup>45</sup> and when they did not find him, they returned to Jerusalem, searching for him. <sup>46</sup> After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. <sup>47</sup> And all who heard him were amazed at his understanding and his answers. <sup>48</sup> And when his parents saw him, they were astonished. And his mother said to him, “Son, why have you treated us so? Behold, your father and I have been searching for you in great distress.” <sup>49</sup> And he said to them, “Why were you looking for me? Did you not know that I must be in my Father's house?” <sup>50</sup> And they did not understand the saying that he spoke to them.

### Psalm 125 v 2:

As the mountains surround Jerusalem,  
so the LORD surrounds his people...

**Genesis 10 v 2:** The sons of Japheth: Gomer, Magog, Madai, Javan, Tubal, Meshech, and Tiras.

**Genesis 25 v 13:** These are the names of the sons of Ishmael, named in the order of their birth: Nebaioth, the firstborn of Ishmael; and Kedar, Adbeel, Mibsam...

### Song of Solomon 1 v 5:

I am very dark, but lovely,  
O daughters of Jerusalem,  
like the tents of Kedar,  
like the curtains of Solomon.

### Isaiah 42 v 11:

Let the desert and its cities lift up their voice,  
the villages that Kedar inhabits...

**Psalm 11 v 1:**

In the LORD I take refuge;  
how can you say to my soul,  
“Flee like a bird to your mountain...”

**Psalm 23 v 4:**

Even though I walk through the valley of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

**Exodus 26 v 11:** “You shall make fifty clasps of bronze, and put the clasps into the loops, and couple the tent together that it may be a single whole...”

**Revelation 21 v 1 to 3:** Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. <sup>2</sup> And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God.

**Luke 13 v 34:** “O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!”

**Deuteronomy 12 v 5, 6:** But you shall seek the place that the LORD your God will choose out of all your tribes to put his name and make his habitation there. There you shall go, and there you shall bring your burnt offerings and your sacrifices, your tithes and the contribution that you present, your vow offerings, your freewill offerings, and the firstborn of your herd and of your flock...

**Psalm 87 v 1 to 3:**

On the holy mount stands the city he founded;  
the LORD loves the gates of Zion  
more than all the dwelling places of Jacob.

Glorious things of you are spoken,  
O city of God.

**Daniel 12 v 2:** And many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt.

**Isaiah 53 v 3:**

He was despised and rejected by men;  
a man of sorrows, and acquainted with grief;  
and as one from whom men hide their faces  
he was despised, and we esteemed him not.