

# ASCENT

THE UPWARD LOOK

Gathering with God's People

## Psalm 122-123 (NIV) Songs of Ascent

**“...to direct our gaze upwards to or reward and to prepare our hearts to enter into God's presence”**

### Psalm 119:114

*You are my refuge and my shield; I have put my hope in your word.*

## Let Us Go to the House of the Lord

### Psalms 122:1-9

*A song of ascents. Of David. <sup>1</sup>I rejoiced with those who said to me, "Let us go to the house of the LORD."*

*<sup>2</sup>Our feet are standing in your gates, Jerusalem.*

*<sup>3</sup>Jerusalem is built like a city that is closely compacted together. <sup>4</sup>That is where the tribes go up-- the tribes of the LORD—to praise the name of the LORD according to the statute given to Israel. <sup>5</sup>There stand the thrones for judgment, the thrones of the house of David. <sup>6</sup>Pray for the peace of Jerusalem: "May those who love you be secure.*

*<sup>7</sup>May there be peace within your walls and security within your citadels. <sup>8</sup>"For the sake of my family and friends, I will say, "Peace be within you. <sup>9</sup>"For the sake of the house of the LORD our God, I will seek your prosperity.*

### Hebrews 10:24-25

*<sup>24</sup>And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup>not giving up meeting together, as some are in the habit of doing, but encouraging one another--and all the more as you see the Day approaching.*

### Psalms 100:4

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*

### Psalms 133:1

*How good and pleasant it is when God's people live together in unity!*

### Romans 12:4-5

*<sup>4</sup>For just as each of us has one body with many members, and these members do not all have the same function, <sup>5</sup>so in Christ we, though many, form one body, and each member belongs to all the others.*

## Our Eyes Look to the Lord Our God

### Psalms 123:1-4

*A song of ascents. I lift up my eyes to you, to you who sit enthroned in heaven. As the eyes of slaves look to the hand of their master, as the eyes of a female slave look to the hand of her mistress, so our eyes look to the LORD our God, till he shows us his mercy. Have mercy on us, LORD, have mercy on us, for we have endured no end of contempt. We have endured no end of ridicule from the arrogant, of contempt from the proud.*

### Matthew 6:9

*After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.*

### 1 Chronicles 29:11-12

*<sup>11</sup>Yours, LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, LORD, is the kingdom; you are exalted as head over all. <sup>12</sup>Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.*

### Philippians 4:19

*And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

### Hebrews 4:15-16

*<sup>15</sup>For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet he did not sin. <sup>16</sup>Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

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New Life Church / August 28, 2022**