

STUDY ON PSALMS OF ASCENT PART 1: PSALM 120-121

Journey Together 2025 Weekly Sermon Series

Warming Up... Share with the group what was the worst ever hiking experience you've had? What happened to make it the worst? What makes a good hike, a good hike? Share with the group your most replayed worship song you've been recently listening to a lot. Why have you been gravitating towards this song?	Aims & Objectives of today's session: - Introducing the Psalms of Ascent, we explore how the pilgrims journeyed up the 15 steps to Jerusalem, worshiping with each step. - Remembering how good our Father is in hearing our prayers in distress, when we need help too.
Part 1: Surface 1. What are the Psalms of Ascent? What do you remember from what Ansy shared in her introduction to this new series? 2. Read Psalm 120 and 121. What word or sentence jumps out to you from this passage? 3. Comparing Psalm 120 and Psalm 121, what are some similarities you can see? Part 2: Diving In 4. Why would lying lips and deceitful tongues bring someone to distress? And how about living in a hostile environment? 5. What are some of the descriptions or titles these two psalms use to describe the Lord? List them out. Why are these great examples of how good our Lord is, in your opinion? 6. How has the Lord helped you, recently? Share with the group. (If none, that is ok, there is a chance to revisit this in the next section in part 3) Part 3: Going Deeper 7. Split off into pairs or trios, and spend some time sharing about one of the following: a. Has there been someone you have been struggling with, because they have been deceitful towards you or lying about you, manipulating the truth? Pray over these individuals, that the Lord would bless them. b. Are you currently in an environment where you are struggling to follow the Lord and be committed to demonstrating His love, because the environment is hostile and unpleasant? It can be in places such as work, home, family, friendships? Spend time praying over this place, surrendering these concerns to the Lord. c. Have you found yourself to be helpless lately and need help from the Lord over a situation? Spend some time praying over this. d. Is there another specific thing to pray over, that is not mentioned in the above 3 points? Please share and pray together.	Notes Q1: 15 psalms, Psalm 120-134, 15 steps up to Jerusalem, upwards because the temple was on the top of the mountain. Each Psalm sung/read out on each step: worship each step along the way is the main point Ansy made. Q5: Titles and descriptions of the Lord from these two Psalms include (but not limited to): - He hears and answers our prayers (120v1); - deliverer (120v2); - will grant judgement (120:3); - helper (121:1-2); - protector (121:3, 7-8); - doesn't need to sleep (121:3-4); - keeper/watcher (121:4-5,7-8); - provides shade or covering under the sun, or warmth at night (121:5-6). Homework / Challenge for this week Find a worship song to listen to on repeat this coming week. Let the worship song encourage you to draw close to God. If you need inspiration, ask other LG members. Ending with prayer Our heavenly Father, who protects and watches over us, our helper and keeper, we love you and thank you for guiding our footsteps as we walk in this journey of life. May we abide in You and rest knowing that you do not sleep, you are taking care of our every need. We thank you and want to worship you. Amen.