

A scenic view of a sand dune with footprints leading to a turquoise lake under a blue sky with clouds. The dune is covered in light-colored sand with several footprints visible. The lake is a vibrant turquoise color, and the sky is a deep blue with scattered white clouds. The overall scene is bright and sunny.

# Summer of Ascents

PSALMS FOR THE JOURNEY





*Summer  
of Ascents*

PSALMS FOR  
THE JOURNEY

# AS FOLLOWERS OF JESUS:

1. We are all on a journey.



# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## AS FOLLOWERS OF JESUS:

1. We are all on a journey.
2. The Psalms of Ascents is “The Sojourner’s Songbook”.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## AS FOLLOWERS OF JESUS:

1. We are all on a journey.
2. The Psalms of Ascents is “The Sojourner’s Songbook”.
3. Jesus is the Way.



# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## TURN WITH US TO PSALM 120

(Page 516 in the Bible under your  
seat or page 13 in your journal)



Phone? *Please silence.*  
Social media? *Post away!*





# PSALM 120

A song of ascents.

**1** I call on the Lord in my distress,  
and he answers me.

**2** Save me, Lord,  
from lying lips  
and from deceitful tongues.





## PSALM 120

- 3 What will he do to you,  
and what more besides,  
you deceitful tongue?
- 4 He will punish you with  
a warrior's sharp arrows,  
with burning coals of  
the broom bush.





## PSALM 120

- 5** Woe to me that I dwell in Meshek,  
that I live among the tents of Kedar!
- 6** Too long have I lived  
among those who hate peace.
- 7** I am for peace;  
but when I speak, they are for war.



A scenic landscape featuring a large sand dune in the foreground. The dune is light tan and has several footprints leading up its slope. At the top of the dune, there are clumps of dry grass. In the background, a vibrant turquoise lake stretches across the middle ground. The sky above is a deep blue, filled with fluffy white clouds. The overall scene is bright and clear, suggesting a sunny day.

# Summer of Ascents

PSALMS FOR THE JOURNEY





## PSALM 120:5-7

- 5** Woe to me that I dwell in Meshek,  
that I live among the tents of Kedar!
- 6** Too long have I lived  
among those who hate peace.
- 7** I am for peace;  
but when I speak, they are for war.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

“I am doomed to live  
amongst hoodlums  
and savages.”





## PSALM 120:7

I am for peace;  
but when I speak, they are for war.



# Summer of Ascents

PSALMS FOR  
THE JOURNEY

“I am for peace.”



# Summer of Ascents

PSALMS FOR  
THE JOURNEY

Am I?





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

How to recognize  
if you have  
a heart of war





## PHILIPPIANS 2:3

Do nothing from selfish ambition or conceit but in humility count others more significant than yourselves.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

How to recognize  
if you have  
a heart of war





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

*“An unbridled tongue is the  
chariot of the devil, wherein  
he rides  
in triumph.”*

CHARLES SPURGEON





## EPHESIANS 4:29B

...good for building up someone  
in need and gives grace to  
those who hear.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

How to recognize  
if you have  
a heart of war





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## How to foster a heart of peace





## EPHESIANS 4:32

Be kind to one another,  
tender hearted,  
forgive one another,  
as God has forgiven you.





## PHILIPPIANS 2:4

Do not look to your own interests  
but each of you should look  
at the interests of others.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

I AM FOR PEACE!





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## THE THREE R'S:

Remember.

Repent.

Recommit.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## THE THREE R'S:

Remember.

Repent.

Recommit.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## THE THREE R'S:

Remember.

Repent.

Recommit.





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## THE THREE R'S:

Remember.

Repent.

Recommit.





#gracedetroit

# Summer of Ascents

PSALMS FOR  
THE JOURNEY

**I AM FOR PEACE!**





**Available at the Information  
Counter or MON-THU,  
10AM-4PM in the office.**

**\$10 EACH**

***Cash • Check • Credit • Venmo***