

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



Summer of Ascents

PSALMS FOR
THE JOURNEY

LET'S BE REAL

Summer of Ascents

PSALMS FOR
THE JOURNEY

TURN WITH US TO PSALM 126

(Page 517 in the Bible under your
seat or page 83 in your journal)



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



PSALM 126

Restore Our Fortunes, O Lord
A Song of Ascents.

↑ When the Lord restored the
fortunes of Zion,
we were like those who dream.

Journal page 83



PSALM 126

2 Then our mouth was filled
with laughter,
and our tongue with shouts of joy;
then they said among the nations,
“The Lord has done great things
for them.”

Journal page 83



PSALM 126

3 The Lord has done great things for us;
we are glad.

4 Restore our fortunes, O Lord,
like streams in the Negeb!

Journal page 83



PSALM 126

- 5** Those who sow in tears
shall reap with shouts of joy!
- 6** He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

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Real Restoration and Real Rejoicing



PSALM 126:1

When the Lord restored the
fortunes of Zion,
we were like those who dream.

Journal page 83



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Real Restoration

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Real Witness



PSALM 126:2B-3

2b then they said among the nations,
“The Lord has done great things
for them.”

3 The Lord has done great things for us;
we are glad.



Summer of Ascents

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Real Feelings



PSALM 126:4-6

- 4** Restore our fortunes, O Lord,
like streams in the Negeb!
- 5** Those who sow in tears
shall reap with shouts of joy!



PSALM 126:4-6

6 He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.



PSALM 7:11

God is a righteous judge,
and a God who feels
indignation every day.



GENESIS 6:6

And the Lord regretted that he
had made man on the earth,
and it grieved him to his heart.



ZEPHANIAH 3:17

The Lord your God is in your midst,
a mighty one who will save;
he will rejoice over you with gladness;
he will quiet you by his love;
he will exult over you with
loud singing.



LUKE 19:41

**And when he drew near and saw
(Jerusalem), he wept over it...**



LUKE 7:13

And when the Lord saw her,
he had compassion on her
and said to her, “Do not weep.”



MARK 10:13-14

13 And they were bringing children to him that he might touch them, and the disciples rebuked them. **14** But when Jesus saw it, he was indignant and said to them, “Let the children come to me; do not hinder them, for to such belongs the kingdom of God.”



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Emotions are
great companions
but poor leaders.



Summer of Ascents

PSALMS FOR
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Emotions are
important companions
but poor leaders.



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PSALMS FOR
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Emotions are not
to be discarded;
they are to be
diagnosed.





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PSALMS FOR
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“Everybody you meet
is fighting a battle you
do not know about.
Attack them.
Now they’re fighting
two battles.”



EPHESIANS 4:26-27

26 Be angry and do not sin;
do not let the sun go down
on your anger, **27** and give
no opportunity to the devil.



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PSALMS FOR
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Processing our
emotions before
God can be a
source of healing.

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