



Summer of Ascents

PSALMS FOR THE JOURNEY

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THE JOURNEY

TURN WITH US TO PSALM 129

(Page 518 in the Bible under your
seat or page 119 in your journal)



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



PSALM 129

They Have Afflicted Me from My Youth
A Song of Ascents.

1 “Greatly have they afflicted
me from my youth”—
let Israel now say—

Journal page 119

PSALM 129

2 “Greatly have they afflicted me from my youth, yet they have not prevailed against me.

3 The plowers plowed upon my back; they made long their furrows.”

Journal page 119



PSALM 129

4 The Lord is righteous;
he has cut the cords
of the wicked.

5 May all who hate Zion
be put to shame and
turned backward!

Journal page 119

PSALM 129

6 Let them be like the grass
on the housetops,
which withers before it grows up,
7 with which the reaper does
not fill his hand
nor the binder of sheaves his arms,

Journal page 119

PSALM 129

8 nor do those who pass by say,
“The blessing of the Lord
be upon you!

We bless you in the name
of the Lord!”

Journal page 119



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PSALM 129:4

**The LORD is Righteous;
he has cut the cords of the wicked.**

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2 KINGS 19:32-34

32 “Therefore thus says the Lord concerning the king of Assyria: He shall not come into this city or shoot an arrow there, or come before it with a shield or cast up a siege mound against it.

2 KINGS 19:32-34

33 By the way that he came, by the same he shall return, and he shall not come into this city, declares the Lord.

34 For I will defend this city to save it, for my own sake and for the sake of my servant David.”



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The Righteous Judge
upholds and **overthrows**.



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Memory leads to **hope.**



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Testimony and Prayer





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PSALM 1:4

The wicked are not so,
but are like chaff that
the wind drives away.



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“For if we look at their railings we find they are usually angry not simply because these things have been done to them but because these things are manifestly wrong, are hateful to God as well as to the victim.”

C. S. LEWIS



EPHESIANS 6:12

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.



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ROMANS 12:19-20

19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”

ROMANS 12:19-20

20 To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.”



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Remembering our
Righteous Judge
produces
resilient hope.



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