

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

TURN WITH US TO PSALM 130

(Page 518 in the Bible under your
seat or page 131 in your journal)



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

Summer of Ascents

PSALMS FOR
THE JOURNEY

Sometimes you
just need a song.



PSALM 130

My Soul Waits for the Lord
A Song of Ascents.

¹ Out of the depths I cry to you,
O Lord!

Journal page 131



PSALM 130

2 O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!

Journal page 131



PSALM 130

- 3** If you, O Lord, should mark iniquities,
O Lord, who could stand?
- 4** But with you there is forgiveness,
that you may be feared.

PSALM 130

- 5** I wait for the Lord, my soul waits,
and in his word I hope;
- 6** my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.



PSALM 130

- 7** O Israel, hope in the Lord!
For with the Lord there
is steadfast love,
and with him is plentiful redemption.
- 8** And he will redeem Israel
from all his iniquities.

Journal page 131

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 summery.

Summer of Ascents

PSALMS FOR THE JOURNEY



PSALM 130:1-2

¹ Out of the depths I cry to you,
O Lord!

² O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!

Journal page 131

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 130:3-4

- 3** If you, O Lord, should mark iniquities,
O Lord, who could stand?
- 4** But with you there is forgiveness,
that you may be feared.



PSALM 130:3-4

³ If you, O Lord, should mark iniquities,
O Lord, who could stand?

⁴ But with you there is forgiveness,
that you may be feared.

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

QAVAH

/kaw vaw' / (verb)

Hebrew קָוָה

TO WAIT; ESPECIALLY WITH
TENSION AND EXPECTATION
WHILE WAITING FOR
SOMETHING TO HAPPEN

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



EXODUS 34:6-7A

6 “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, **7** keeping steadfast love for thousands, forgiving iniquity and transgression and sin...”



Summer of Ascents

PSALMS FOR
THE JOURNEY

Psalm 130 is the Gospel!



PSALM 130:7-8

- 7** O Israel, hope in the Lord!
For with the Lord there
is steadfast love,
and with him is plentiful redemption.
- 8** And he will redeem Israel
from all his iniquities.

Journal page 131

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