



# Summer of Ascents

PSALMS FOR THE JOURNEY

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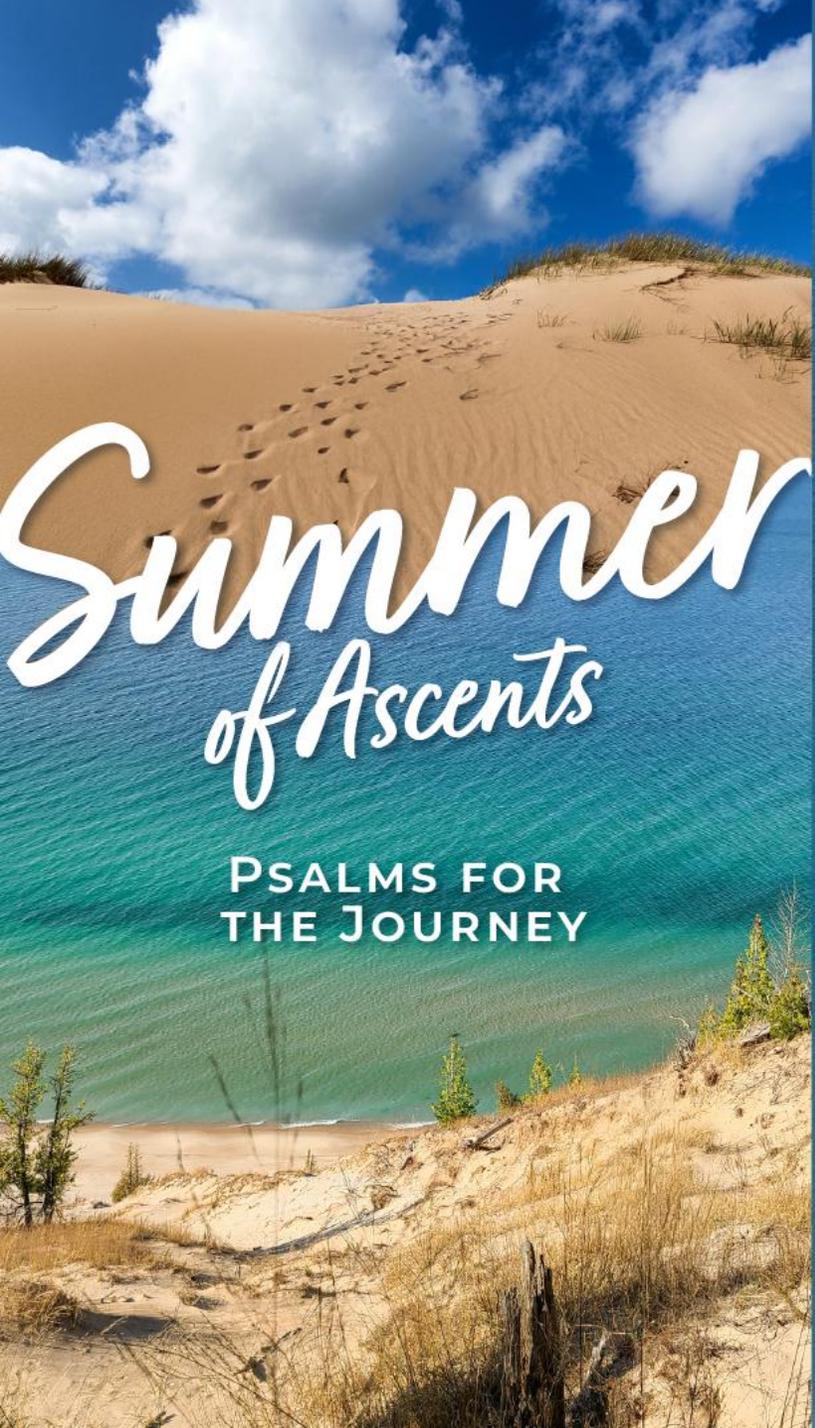
PSALMS FOR  
THE JOURNEY

# TURN WITH US TO PSALM 130

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



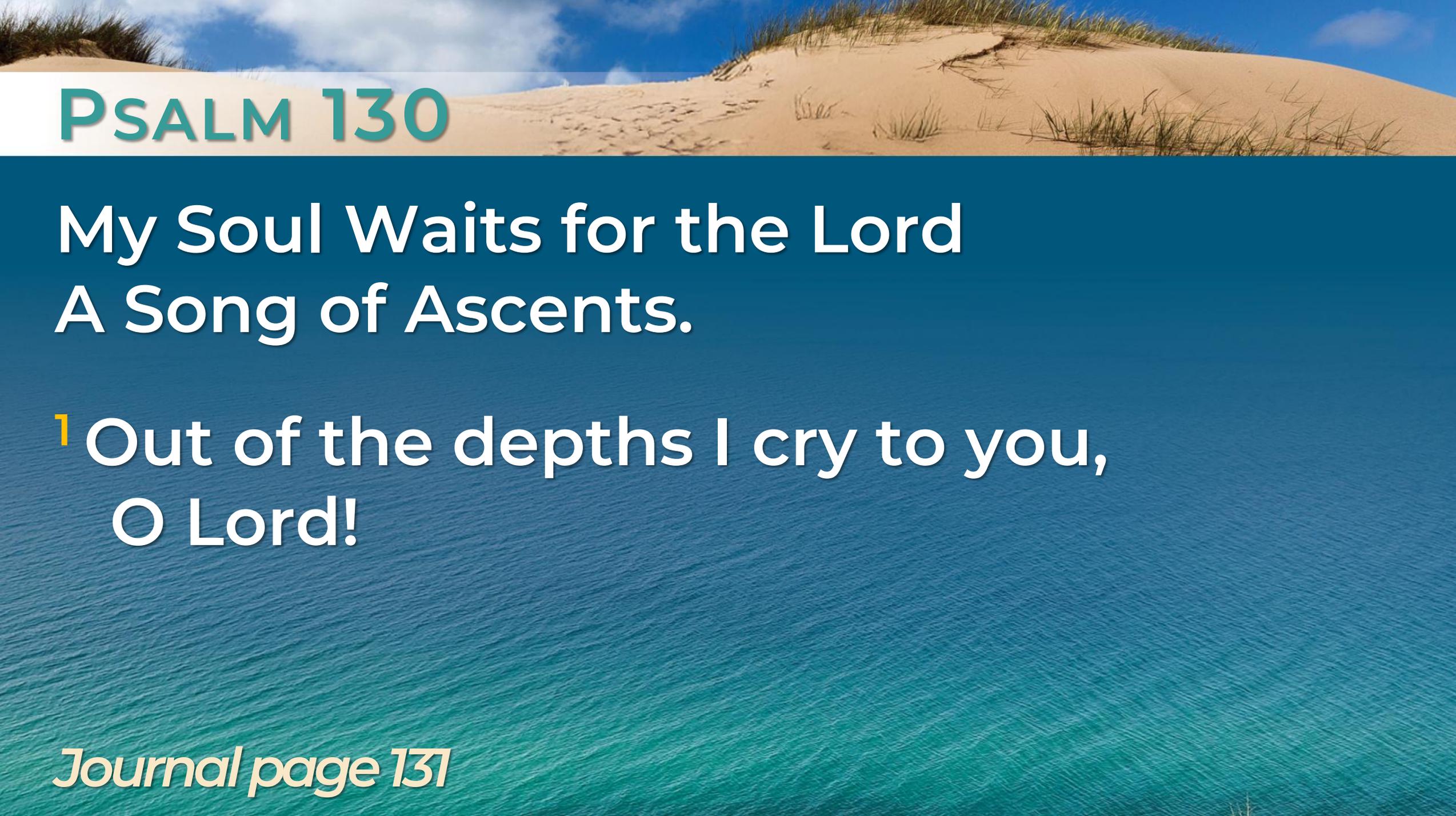
Phone? *Please silence.*  
Social media? *Post away!*



# Summer of Ascents

PSALMS FOR  
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Sometimes you  
just need a song.

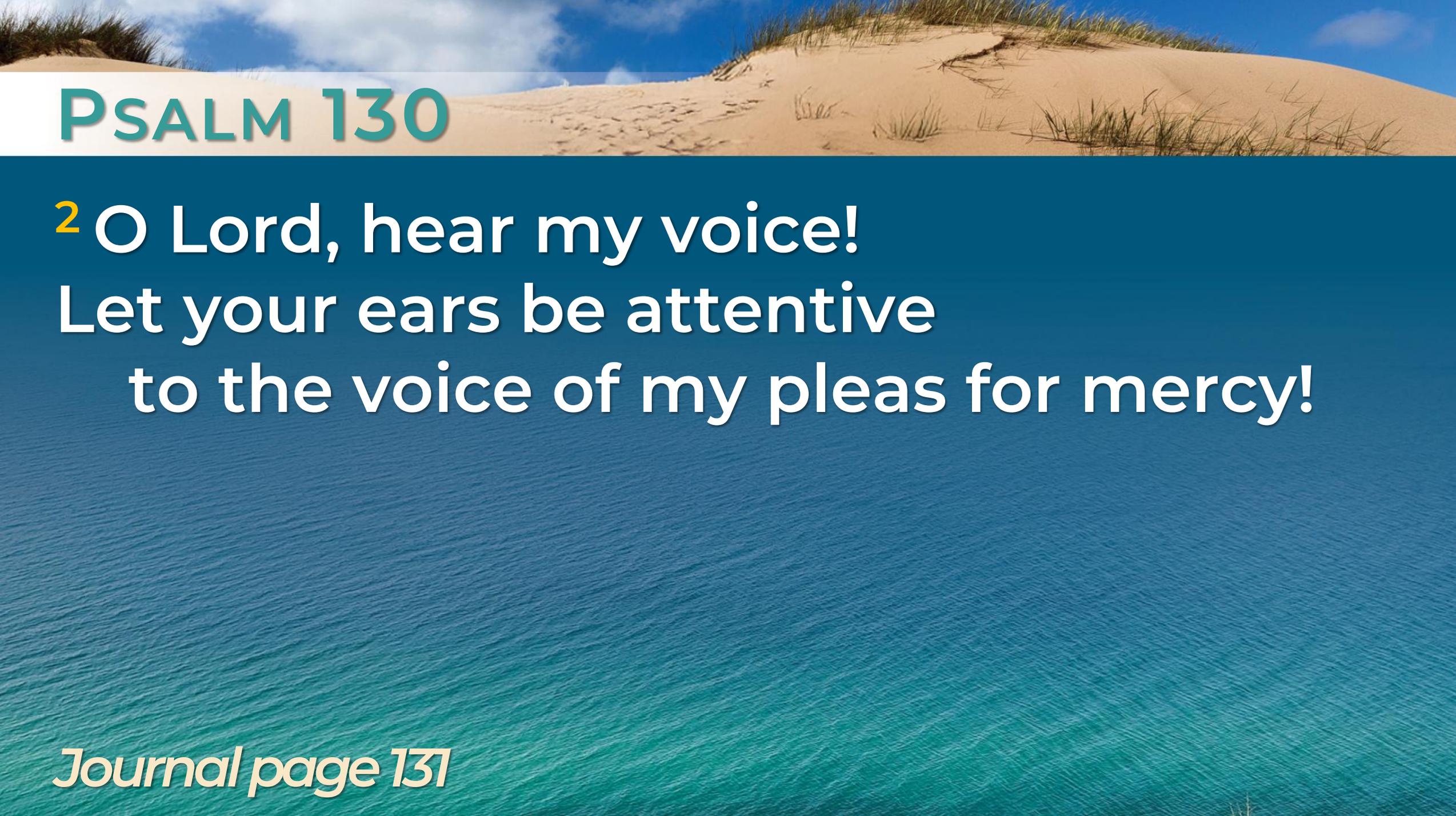


# PSALM 130

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*



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# 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*



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## 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

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



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## QAVAH

/kaw vaw' / (verb)  
Hebrew קָוָה

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

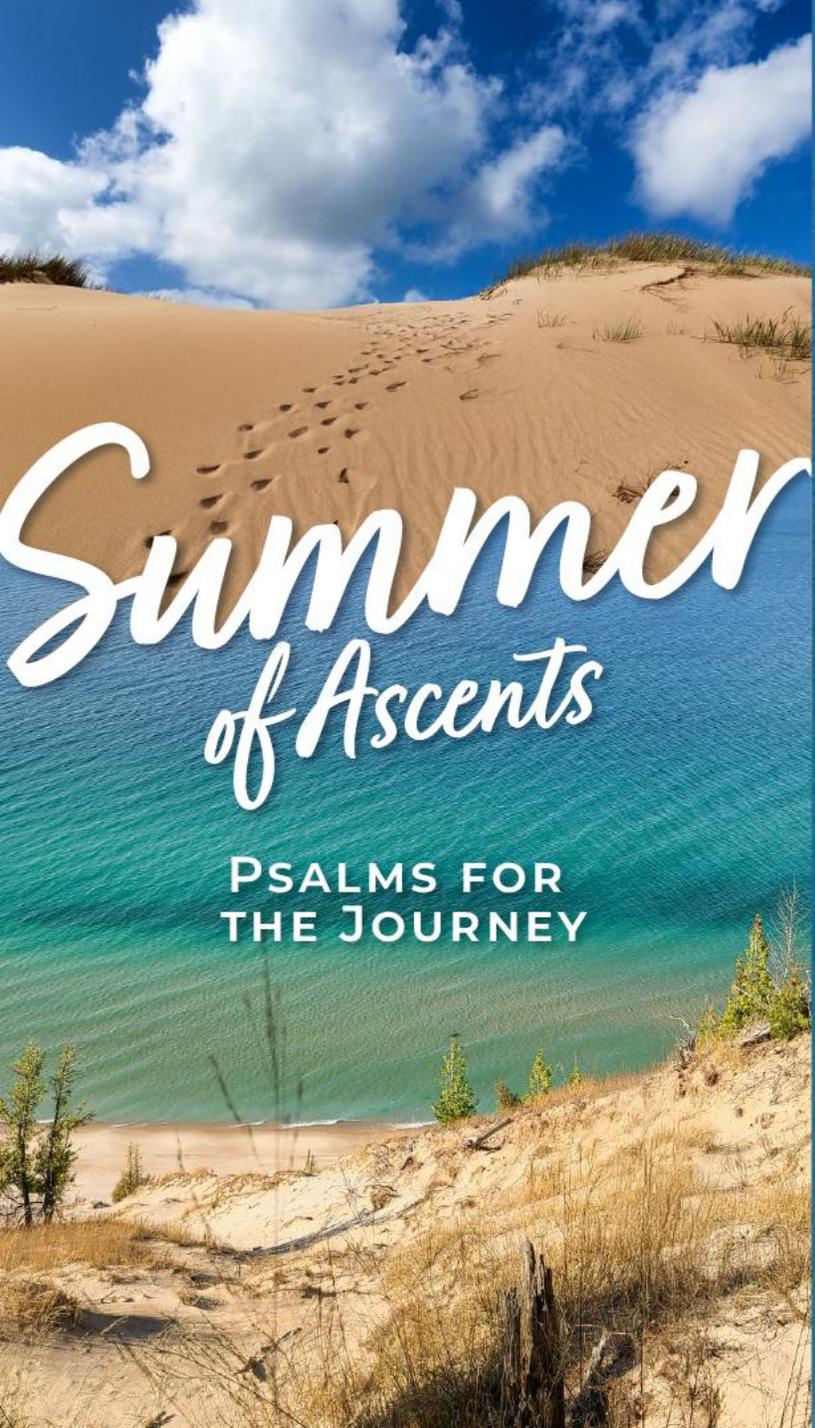


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## EXODUS 34:6-7A

**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...”



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# 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.



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