

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

## Tools to Thrive and Survive:

## Peace





## PSALM 120:5B-6

**5b** I live among the tents of Kedar!

**6** Too long have I lived  
among those who hate peace.

*Journal page 13*





PSALM 120:7A

I am for peace...

*Journal page 13*





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace

**Humility**





## PSALM 121:1-2

- 1** I lift up my eyes to the hills.  
From where does my help come?
- 2** My help comes from the Lord,  
who made heaven and earth.





# PSALM 123:1A

To you I lift up my eyes...

*Journal page 47*





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace

Humility

**Community**





## PSALM 122:1

I was glad when they said to me,  
“Let us go to the house of the Lord!”

*Journal page 35*





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace  
Community

Humility  
**Obedience**





## PSALM 128:1

Blessed is everyone who  
fears the Lord,  
who walks in his ways!

*Journal page 107*





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace  
Community  
**Perseverance**

Humility  
Obedience





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace  
Community  
Perseverance

Humility  
Obedience  
**Desperation**





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace  
Community  
Perseverance  
**Unity**

Humility  
Obedience  
Desperation





# Summer of Ascents

PSALMS FOR  
THE JOURNEY

## Tools to Thrive and Survive:

Peace  
Community  
Perseverance  
Unity

Humility  
Obedience  
Desperation  
**Worship**





## PSALM 134:1-2

<sup>1</sup> Come, bless the Lord,  
all you servants of the Lord,  
who stand by night  
in the house of the Lord!

<sup>2</sup> Lift up your hands to the holy place  
and bless the Lord!

*Journal page 179*



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 patches 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