10/21/2026 Bible Study

Ascent Psalms 120-134

Objective: A Bible Study on how to move from exile and longing to Blessings and Joy in God. Along the way developing Faith, Dependence, Unity, and Hope in God. These psalms teach us that the Christian Journey is marked by trials and waiting but our God keeps us and our end is secure in Christ

Theological Theme: Life is a Pilgrimage – Believers are sojourners in a hostile world, journeying toward God's presence (Hebrews 11:13–16). The Songs of Ascent anticipate the greater pilgrimage fulfilled in Christ.

Note: To make this study more than just a review of the ascent Psalms, the Bible students must see their spiritual journey as a progressive development in righteousness, holiness and faithfulness, drawing closer to God with every step and farther away from the bondage of a world of human degradation and sin. Simply reading through these psalms is not good enough to reveal the wisdom that is embedded in them.

These Ascent psalms are structured to be a pilgrimage of growth with Jesus, a growth "in faith" that requires letting the Word of God slowly seep into our lives through a daily, disciplined, progressive journey with Jesus; an upward journey. Remember, these psalms are also called "Psalms of Degrees."

This is the essence of The Ascent Psalms

The Study of these psalms should extend beyond our weekly Bible study to our daily devotion.

Review

- **Psalm 120** – The journey begins in exile: the psalmist laments living among deceitful, warlike people. Pilgrimage starts with the recognition that we are not at home in this world.
- **Psalm 121** – The pilgrim looks to the hills, to God who keeps him. From distress, the psalmist turns his eyes to God as the faithful Keeper.
- **Psalm 122** – The pilgrim rejoices at the city of God, the center of worship and unity.

- **Psalm 123** – A prayer for mercy, lifting eyes to God as master. The pilgrim learns dependence.
- **Psalm 124** – A hymn of deliverance: "If the LORD had not been on our side…" A testimony to God's saving power. (Taking time to Worship and Testify).

In an upward climb, it often becomes necessary to pause, evaluate the journey and reflect and listen to God.

Let's read and ponder Ex 3:1-6

3 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert, and came to Horeb, the mountain of God. 2 And the Angel of the LORD appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was burning with fire, but the bush was not consumed. 3 Then Moses said, "I will now turn aside and see this great sight, why the bush does not burn."

4 So when the LORD saw that he turned aside to look, God called to him from the midst of the bush and said, "Moses, Moses!"

And he said, "Here I am."

5 Then He said, "Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground." 6 Moreover He said, "I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look upon God.

1. **What do you think is God's reasons/purpose for this moment?**

A. _____

B. _____

C. _____

D. _____

E. _____

Psalm 125

Assurance of security: those who trust in the Lord are like Mount Zion, unshakable.

NIV	NLT
Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever. 2 As the mountains surround Jerusalem, so the LORD surrounds his people both now and forevermore. 3 The scepter of the wicked will not remain over the land allotted to the righteous, for then the righteous might use their hands to do evil. 4 LORD, do good to those who are good, to those who are upright in heart. 5 But those who turn to crooked ways the LORD will banish with the evildoers. Peace be on Israel.	Those who trust in the LORD are as secure as Mount Zion; They will not be defeated but will endure forever. 2 Just as the mountains surround Jerusalem, so the LORD surrounds his people, both now and forever. 3 The wicked will not rule the land of the godly, for then the godly might be tempted to do wrong. 4 O LORD, do good to those who are good, whose hearts are in tune with you. 5 But banish those who turn to crooked ways, O LORD. Take them away with those who do evil. May Israel have peace!

V1 Reassurance in Faith

Those who trust in the LORD are like Mount Zion,
which cannot be shaken but endures forever.

In Psalm 125- The Pilgrim is building Faith, A Trust that cannot be shaken by fear, uncertainty or seemly impossible conditions.

Can you remember when your faith was tested? _____ What was the outcome?

Volunteer Testimony when your Faith came under stress. What Happened? What did you Learn?

_____

➢ **What do you think is the significance of Mt Zion?**

_____

V2. God's Complete and Secure Protection

2 As the mountains surround Jerusalem,
so the LORD surrounds his people
both now and forevermore.

Reference – See Psalm 46
A. The Lord is our Wall / Mountain
B. His promises are amplified

Note: Jerusalem is situated in the center of a mountainous region. The surrounding mountains are seen as walls of fortification against invading enemies and stormy weather.

When Jerusalem was overtaken by Babylon, it was done with a siege. (2Kings 24:10-11, 25:1-4)

A **siege** is a military blockade of a city or fortified position designed to cut off supplies, reinforcements, and communications to force the defenders to surrender.

➢ **What should we learn from this?** ***Even mountains cannot provide absolute security.***

_____

V3 The scepter of the wicked will not remain
over the land allotted to the righteous,

for then the righteous might use
their hands to do evil.

- **What is meant by "scepter?" (**a symbol of sovereign authority and power.)

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4 LORD, do good to those who are good,
to those who are upright in heart.
5 But those who turn to crooked ways
the LORD will banish with the evildoers.

Read and discuss Psalm 37:1, 10-31

This is a good place for your spiritual climb. To Trust God as a fort against those who wish you harm and to know that ***"God Has My Back!"***

Questions / Comments

Next Week - 10/28/26 - **Psalm 126** – A remembrance of past restoration and prayer for new renewal. Laughter and joy mix with tears of sowing.