

KEEP
Looking Up

THE PSALMS OF ASCENT







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THE PSALMS OF ASCENT

An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text "Those who trust in the Lord are in the center of His Protection." is centered over the image. The first part of the text is white, and the second part is a light green color.

Those who trust in the Lord are
in the center of His Protection.

An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape, with a semi-transparent blue overlay. The image is framed by a thin white border.

PSALM 125 : 1 – 2

- ¹ 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.

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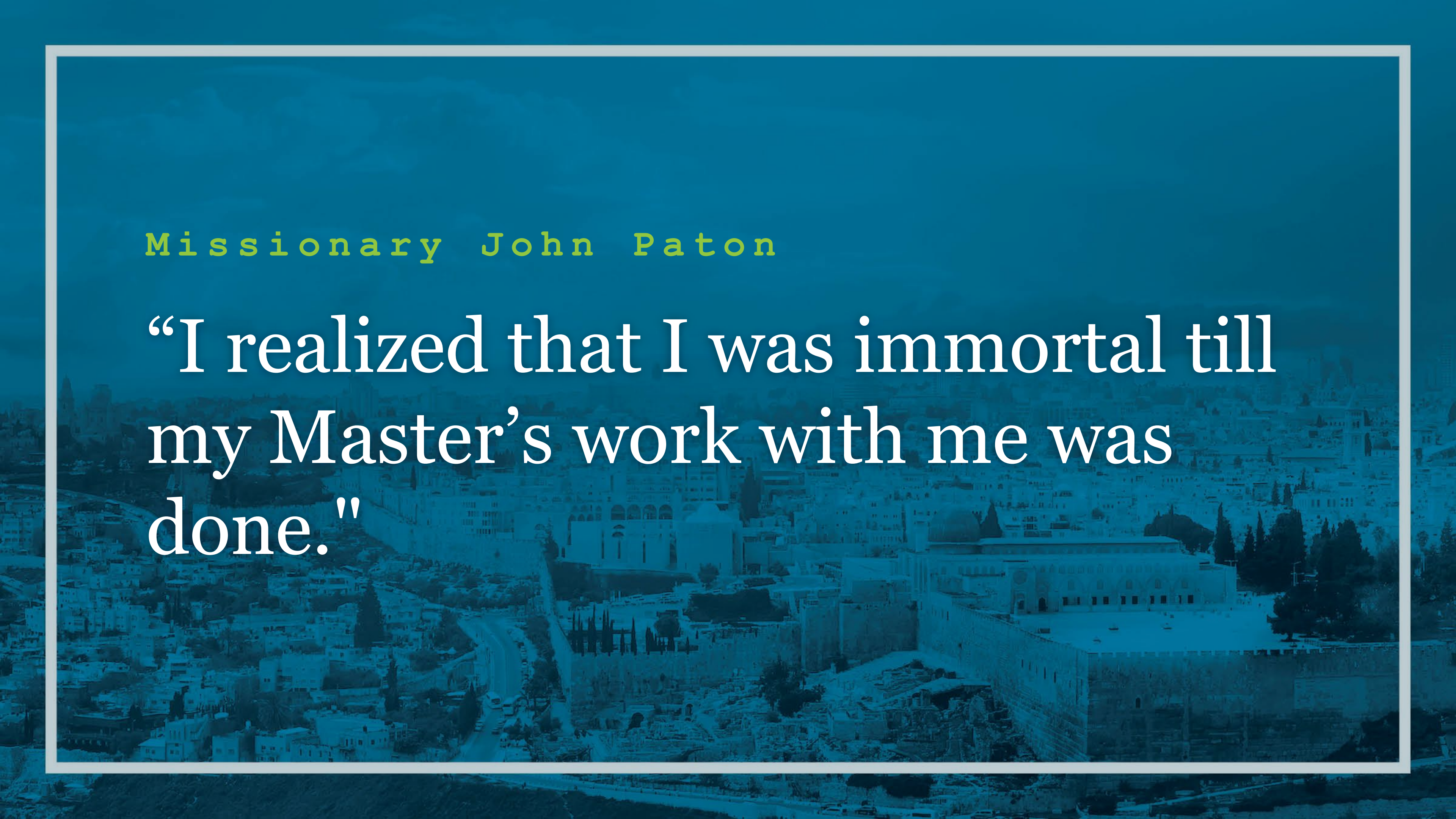
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JEREMIAH 1:18–19

¹⁸For see, today I have made you strong like a fortified city that cannot be captured, like an iron pillar or a bronze wall. You will stand against the whole land—the kings, officials, priests, and people of Judah. ¹⁹They will fight you, but they will fail. For I am with you, and I will take care of you. I, the Lord, have spoken!”

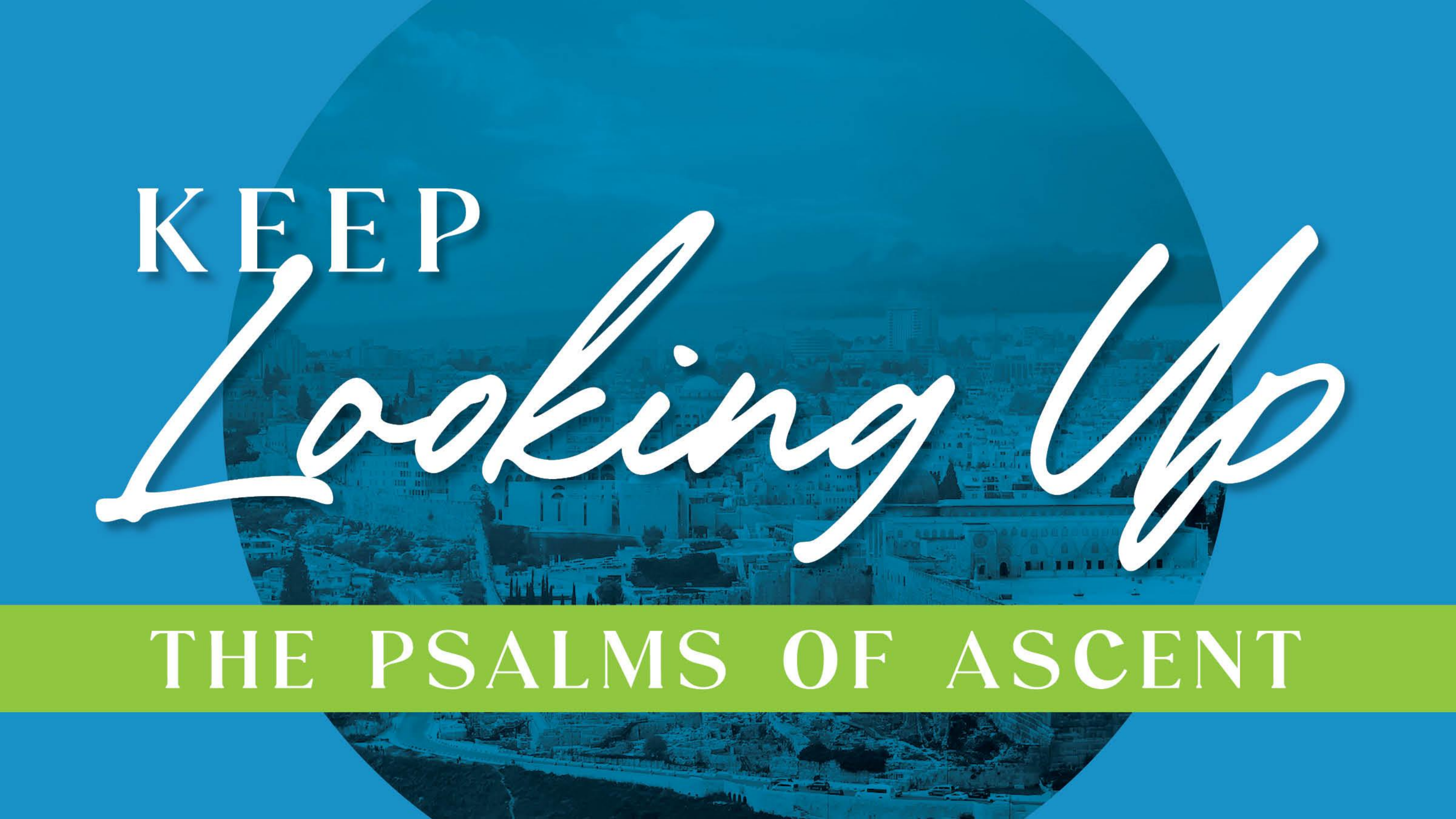
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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper left quadrant.

Missionary John Paton

“I realized that I was immortal till
my Master’s work with me was
done.”



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PSALM 125 : 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.

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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape, with a semi-transparent blue overlay. The image is framed by a thin white border.

1 CORINTHIANS 10:13B

God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is centered in the upper half of the image.

PSALM 125 : 4 – 5

Lord, do good to those who are good, to those who are upright in heart But those who turn to crooked ways the Lord will banish with the evildoers. Peace be on Israel.



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2 KINGS 6:16-17

¹⁶“Don’t be afraid,” the prophet answered. “Those who are with us are more than those who are with them.” ¹⁷ And Elisha prayed, “Open his eyes, Lord, so that he may see.” Then the Lord opened the servant’s eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.



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PSALM 125 : 1 – 2

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THIS WEEK

1. MEMORIZE PSALM 125:1-2
2. MEDITATE ON IT 5 MINUTES
EACH DAY

PRAY. READ. REFLECT.



An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is centered over the image.

Where have you taken the map out
of God's hands? Where are you not
seeing the whole picture?

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