

KEEP
Looking Up

THE PSALMS OF ASCENT



BEFORE



AFTER





An aerial photograph of Jerusalem, showing the Temple Mount and the Dome of the Rock in the center. The city is densely packed with buildings, and the surrounding landscape is hilly. The image is overlaid with a semi-transparent blue filter.

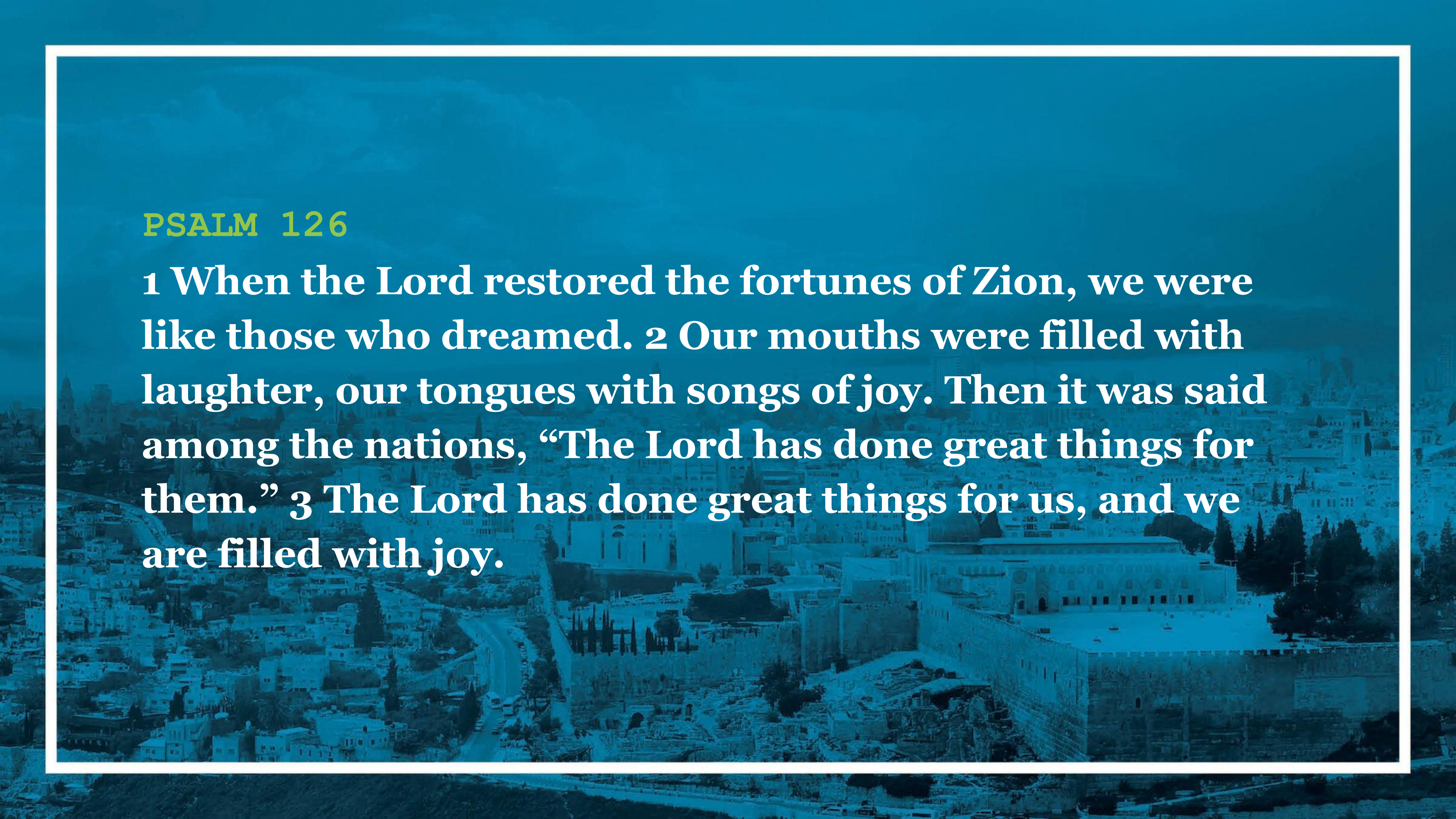
**restore /rə'stôr/
(verb)**

**To bring something back to a previous,
better, or original condition**

**To repair, renew, or return something that was lost
or damaged.**

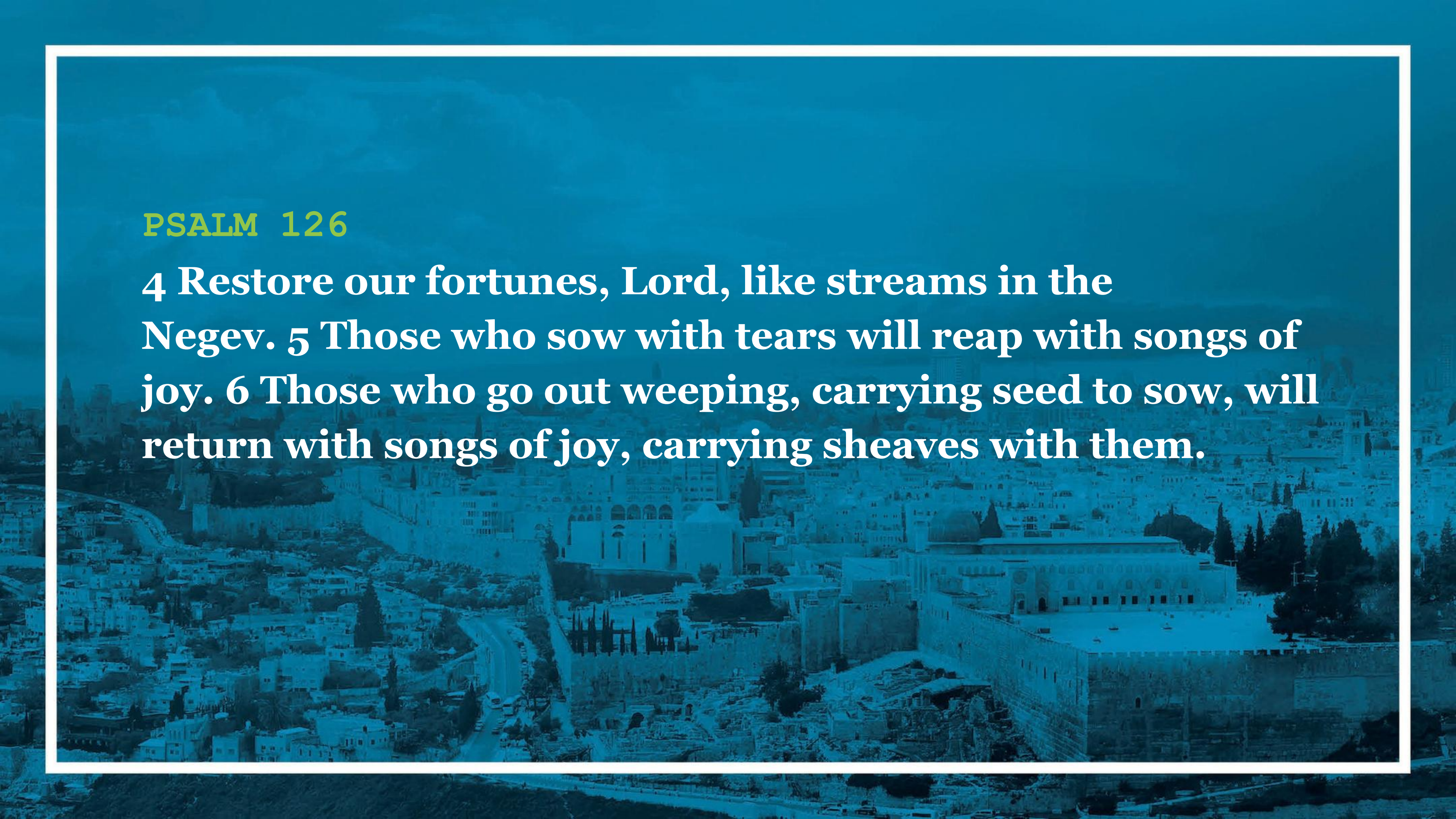
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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper left quadrant of the image.

PSALM 126

1 When the Lord restored the fortunes of Zion, we were like those who dreamed. **2** Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them.” **3** The Lord has done great things for us, and we are filled with joy.

An aerial photograph of Jerusalem, showing the Old City walls and various buildings, including the Dome of the Rock. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper left quadrant.

PSALM 126

4 Restore our fortunes, Lord, like streams in the Negev. 5 Those who sow with tears will reap with songs of joy. 6 Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

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 "God restored us before" is written in a light green, lowercase, serif font across the upper portion of the image.

God restored us before

God, restore us again

An aerial photograph of Jerusalem, showing the Old City walls and the Dome of the Rock, with a solid blue color overlay. The text is centered over the image.

What do you need God to
restore in your life?

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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a solid blue color and a white rectangular border. The text '1. PETE' is prominently displayed in the center.

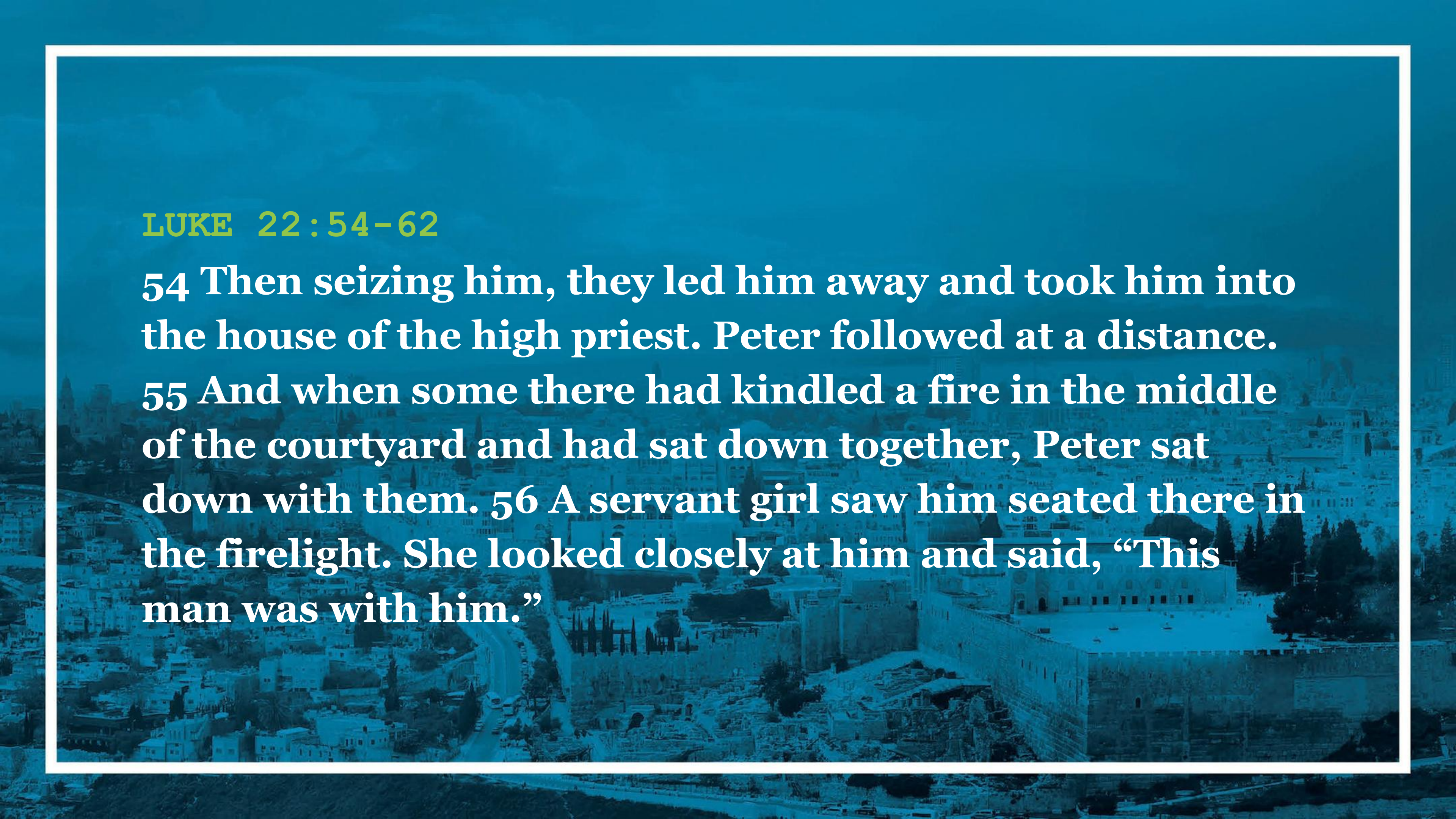
1. PETE

R

LUKE 22:34

**Jesus answered, “I tell you, Peter, before the rooster
crows today, you will deny three times that you know me.”**

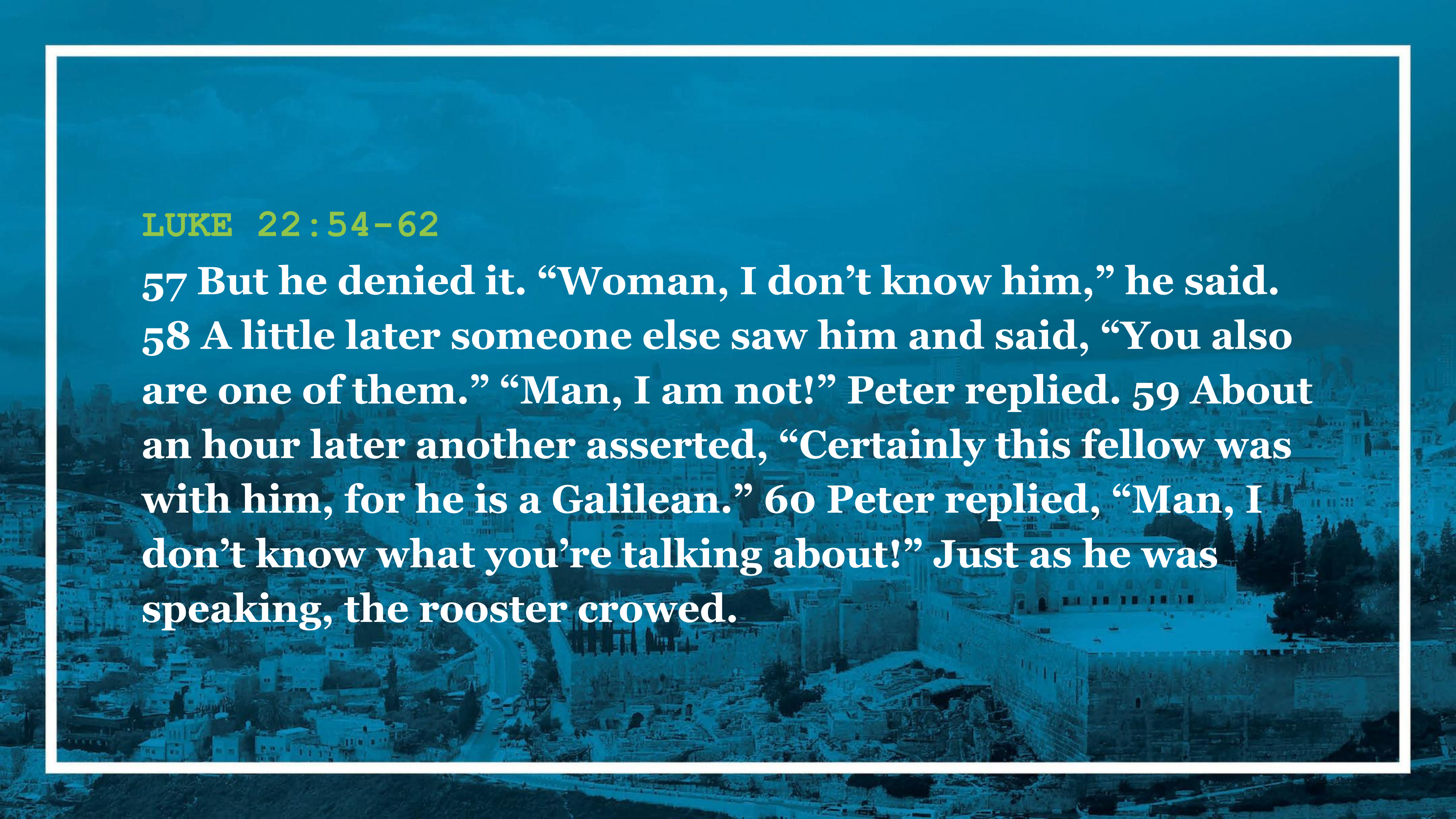


An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper left quadrant of the image.

LUKE 22:54-62

54 Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance.

55 And when some there had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. 56 A servant girl saw him seated there in the firelight. She looked closely at him and said, “This man was with him.”

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 of the image.

LUKE 22:54–62

57 But he denied it. “Woman, I don’t know him,” he said.

58 A little later someone else saw him and said, “You also are one of them.” “Man, I am not!” Peter replied. 59 About an hour later another asserted, “Certainly this fellow was with him, for he is a Galilean.” 60 Peter replied, “Man, I don’t know what you’re talking about!” Just as he was speaking, the rooster crowed.

LUKE 22:54–62

61 The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: “Before the rooster crows today, you will disown me three times.” 62 And he went outside and wept bitterly.

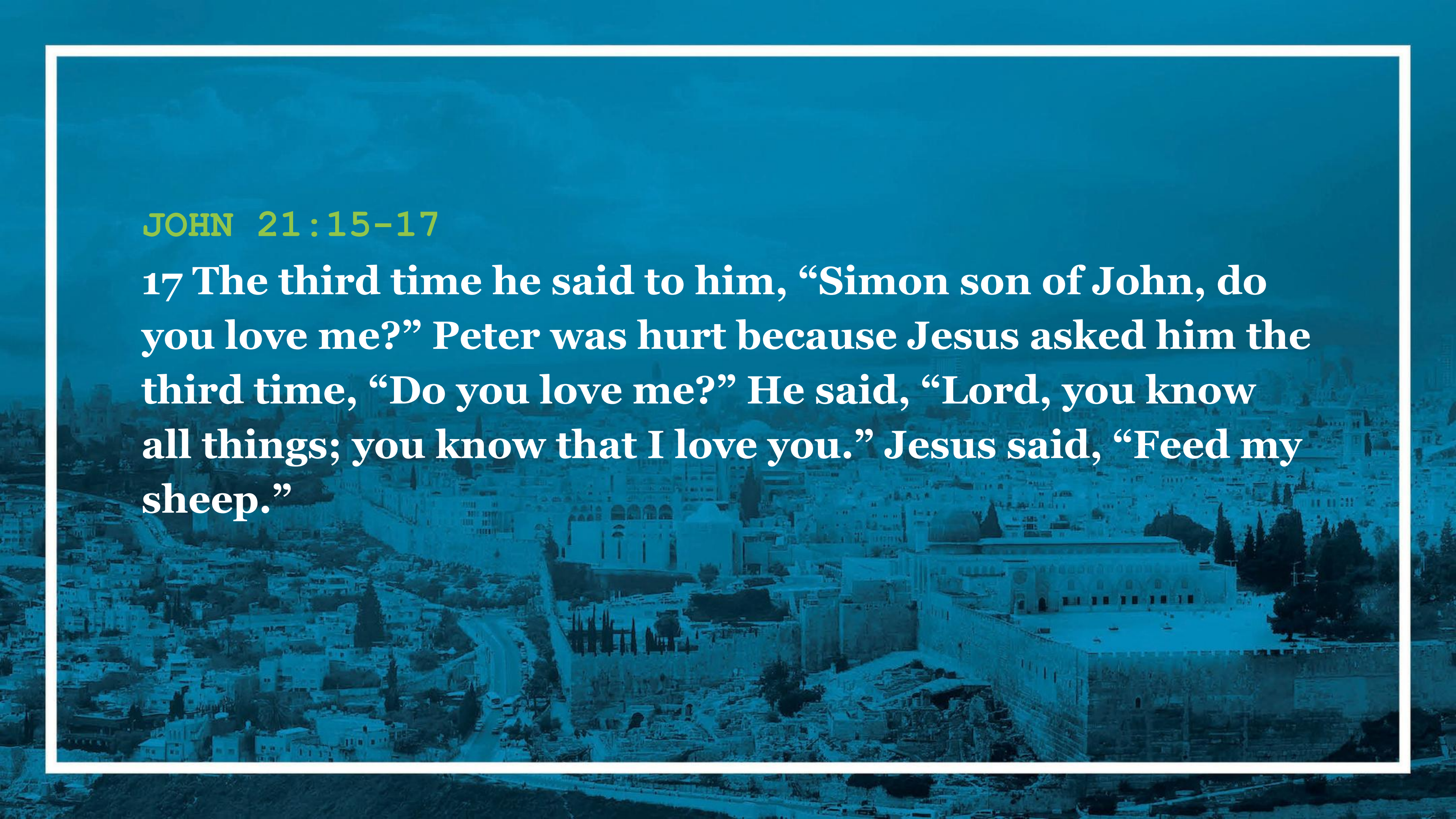


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JOHN 21:15-17

15 When they had finished eating, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” “Yes, Lord,” he said, “you know that I love you.” Jesus said, “Feed my lambs.” **16** Again Jesus said, “Simon son of John, do you love me?” He answered, “Yes, Lord, you know that I love you.” Jesus said, “Take care of my sheep.”

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.

JOHN 21:15–17

17 The third time he said to him, “Simon son of John, do you love me?” Peter was hurt because Jesus asked him the third time, “Do you love me?” He said, “Lord, you know all things; you know that I love you.” Jesus said, “Feed my sheep.”

JOHN 21:19B

19...Then he said to him, “Follow me!”



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Niki Cole

@nikii_colee

what happens to your car if you put diesel in it instead of gas ????

asking for myself bc i'm an idiot

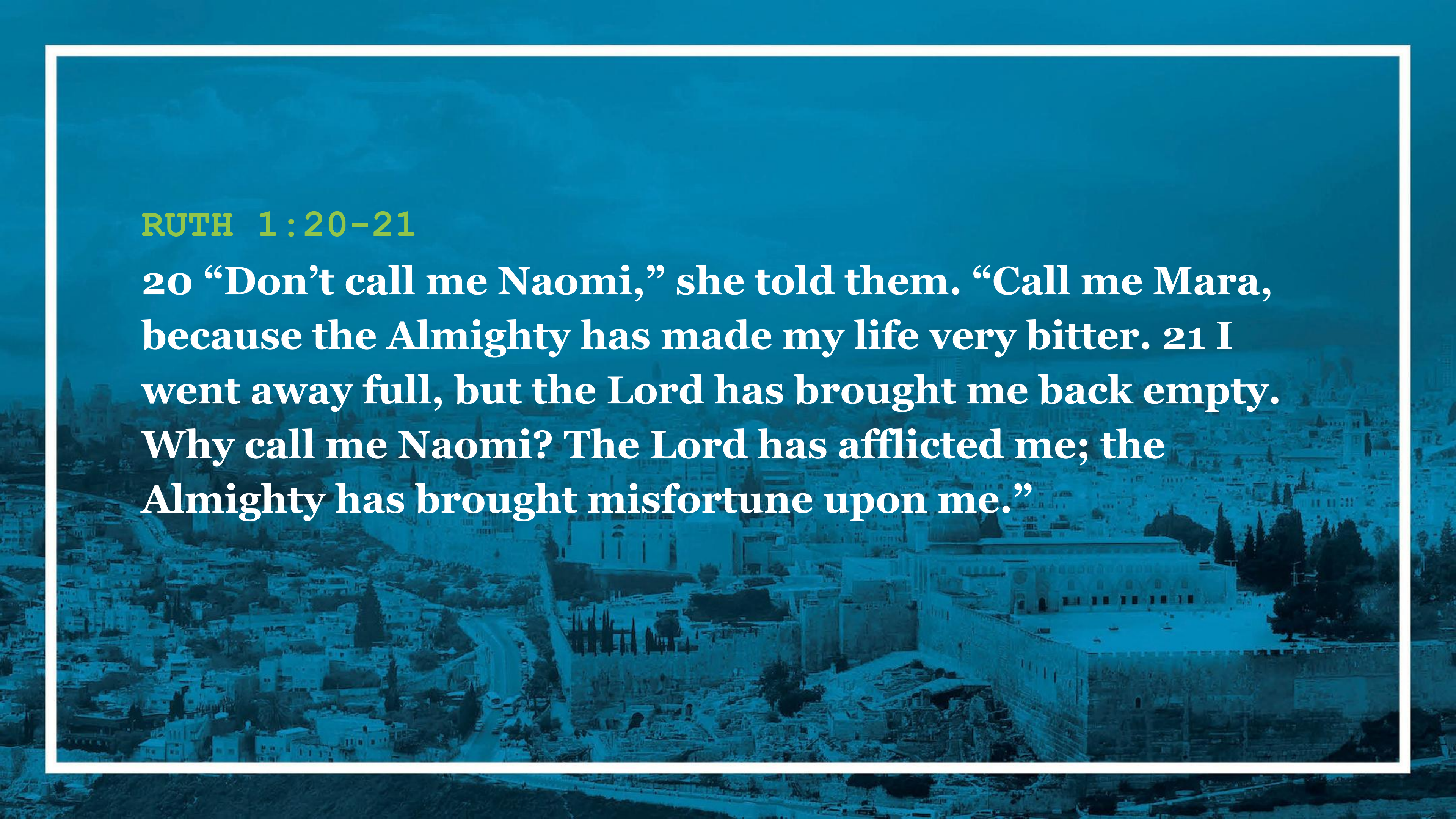


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2. NAOM

I

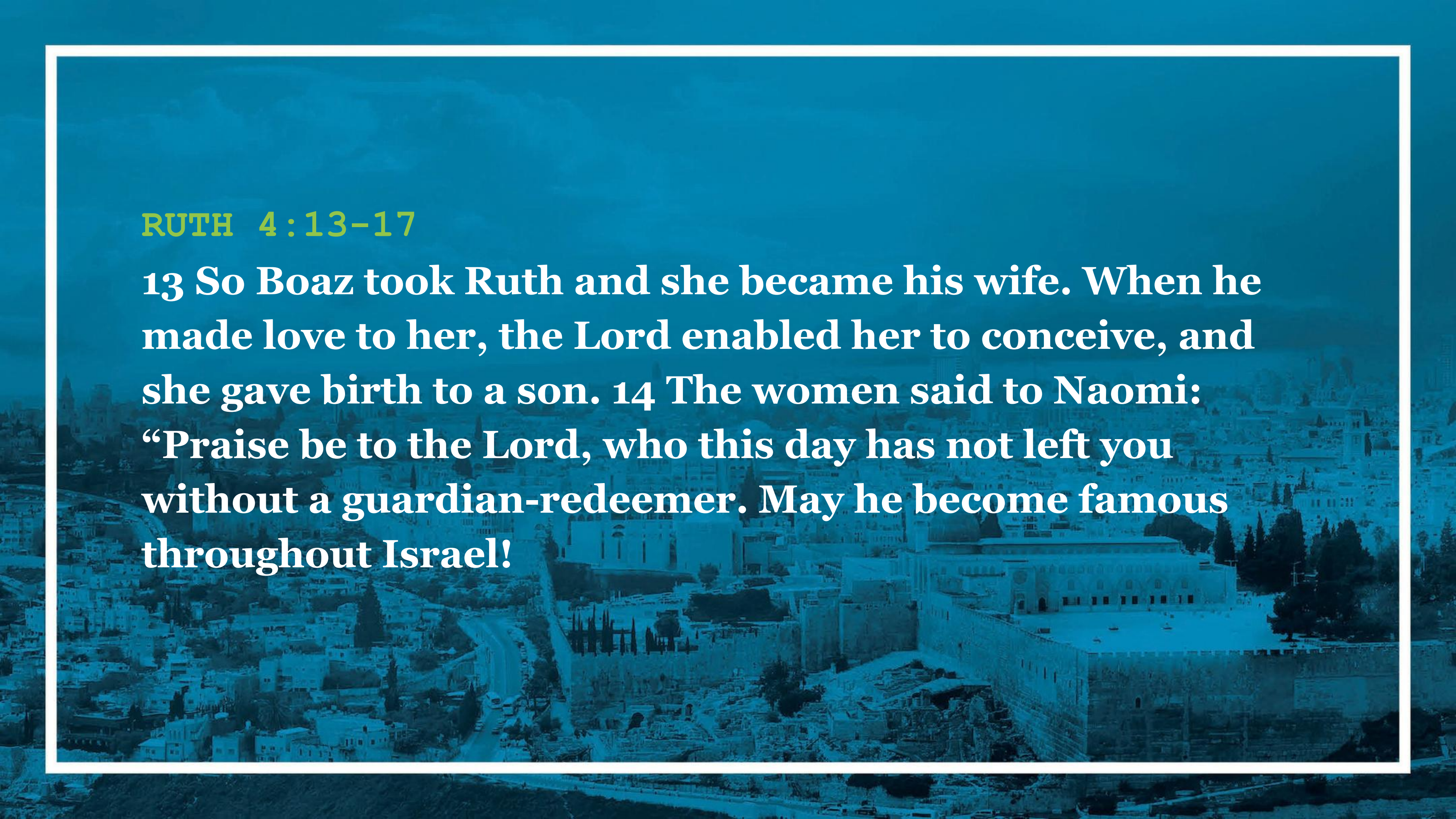
An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper left quadrant of the image.

RUTH 1:20-21

20 “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. 21 I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.”

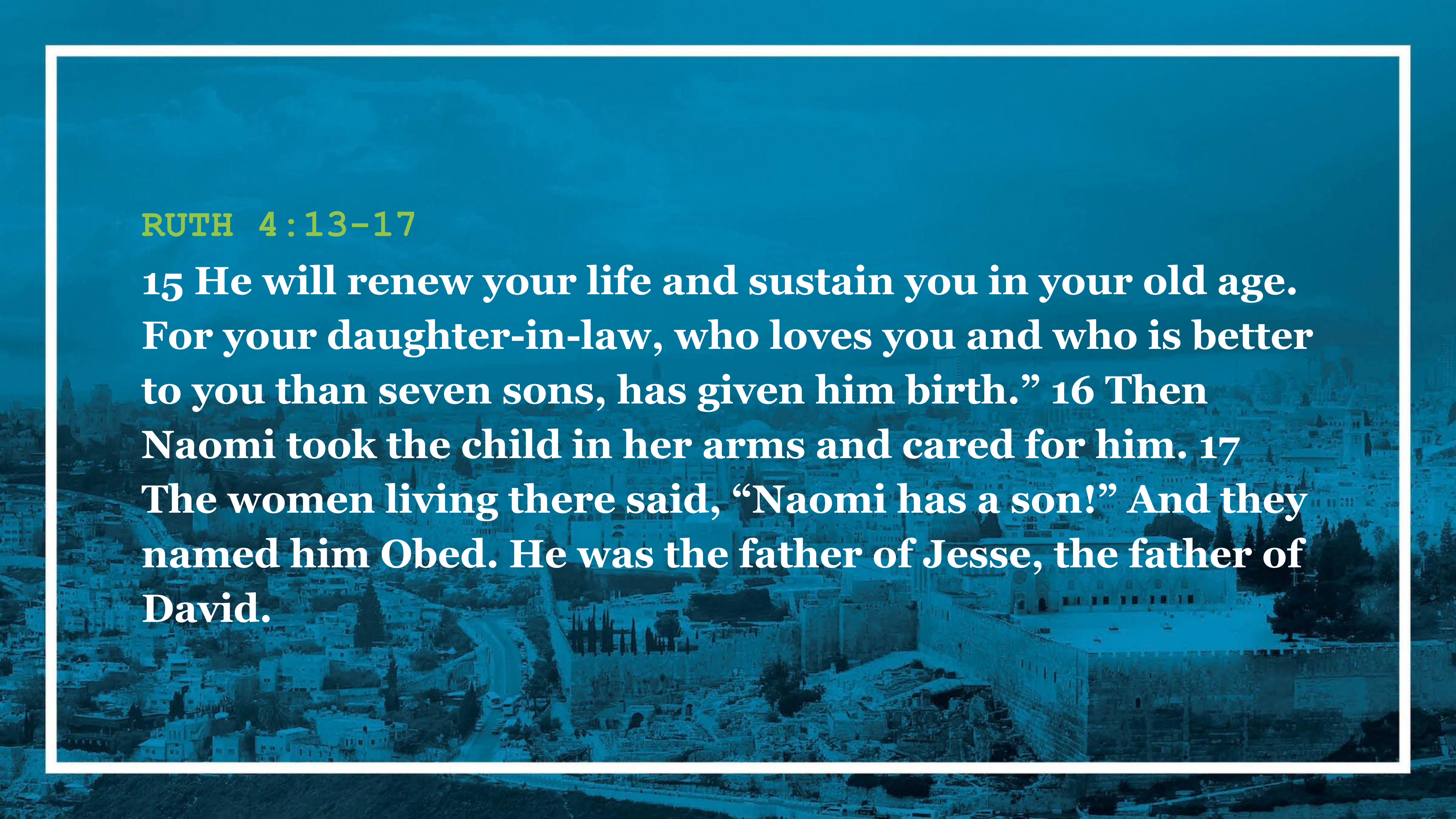
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An aerial photograph of Jerusalem, showing the Old City walls and surrounding urban landscape, with a semi-transparent blue overlay. The image is framed by a white border.

RUTH 4:13-17

13 So Boaz took Ruth and she became his wife. When he made love to her, the Lord enabled her to conceive, and she gave birth to a son. 14 The women said to Naomi:
“Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!”

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

RUTH 4:13-17

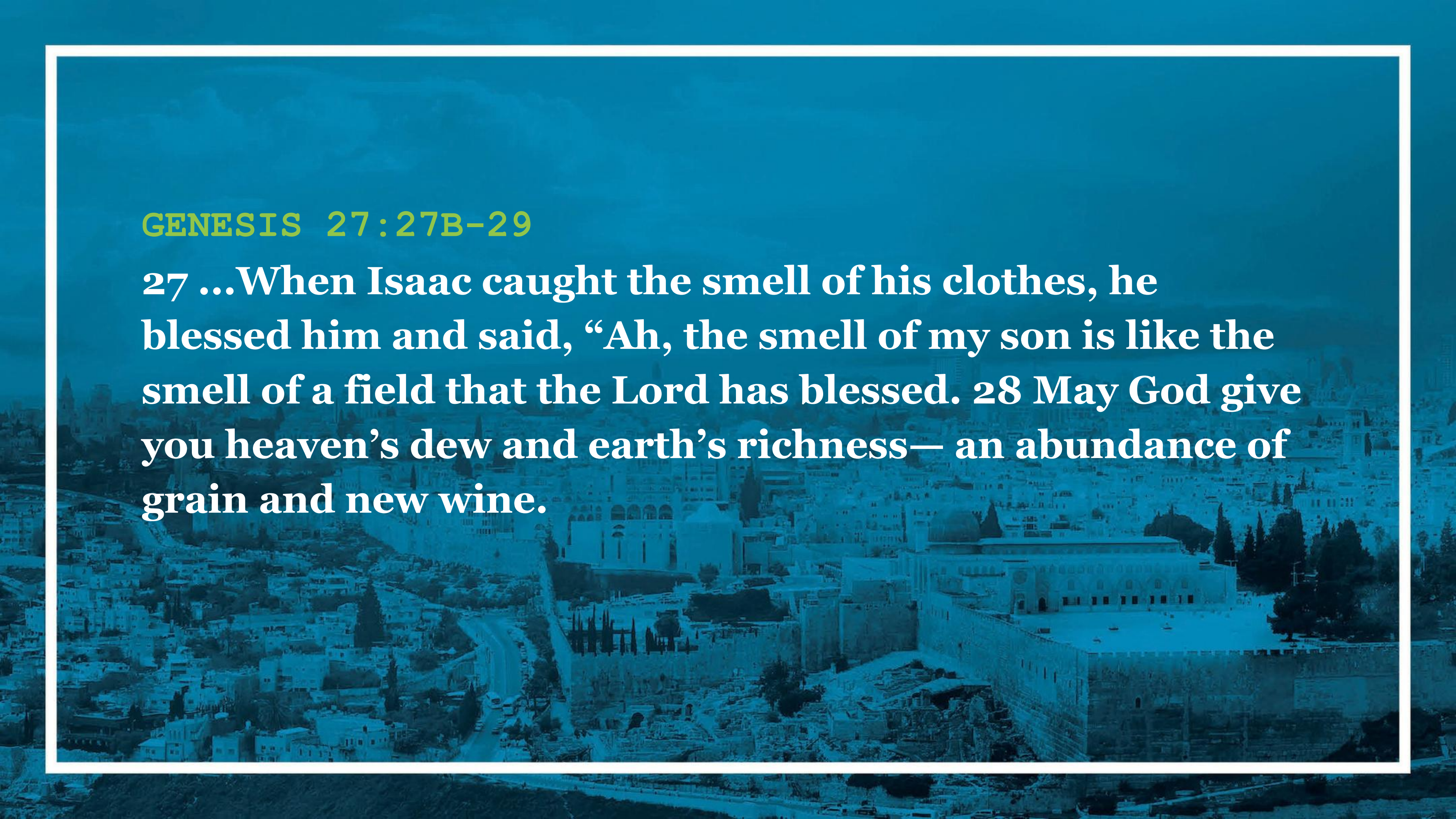
15 He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.” **16** Then Naomi took the child in her arms and cared for him. **17** The women living there said, “Naomi has a son!” And they named him Obed. He was the father of Jesse, the father of David.

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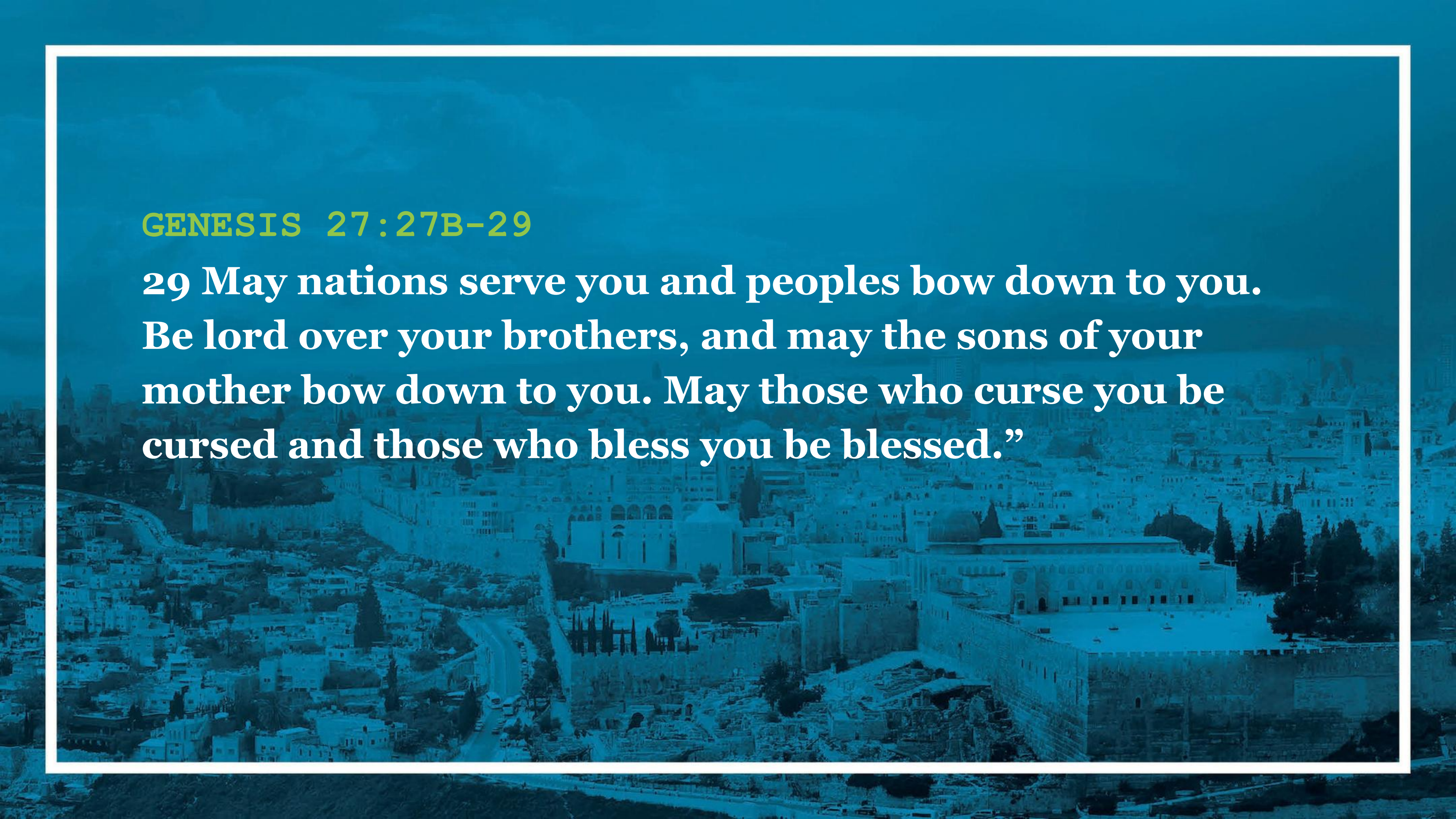
3. JACOB & ESAU



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 of the image.

GENESIS 27:27B-29

27 ...When Isaac caught the smell of his clothes, he blessed him and said, “Ah, the smell of my son is like the smell of a field that the Lord has blessed. 28 May God give you heaven’s dew and earth’s richness— an abundance of grain and new wine.

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.

GENESIS 27:27B-29

29 May nations serve you and peoples bow down to you. Be lord over your brothers, and may the sons of your mother bow down to you. May those who curse you be cursed and those who bless you be blessed.”

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GENESIS 27:35

But he said, “Your brother came deceitfully and took your blessing.”

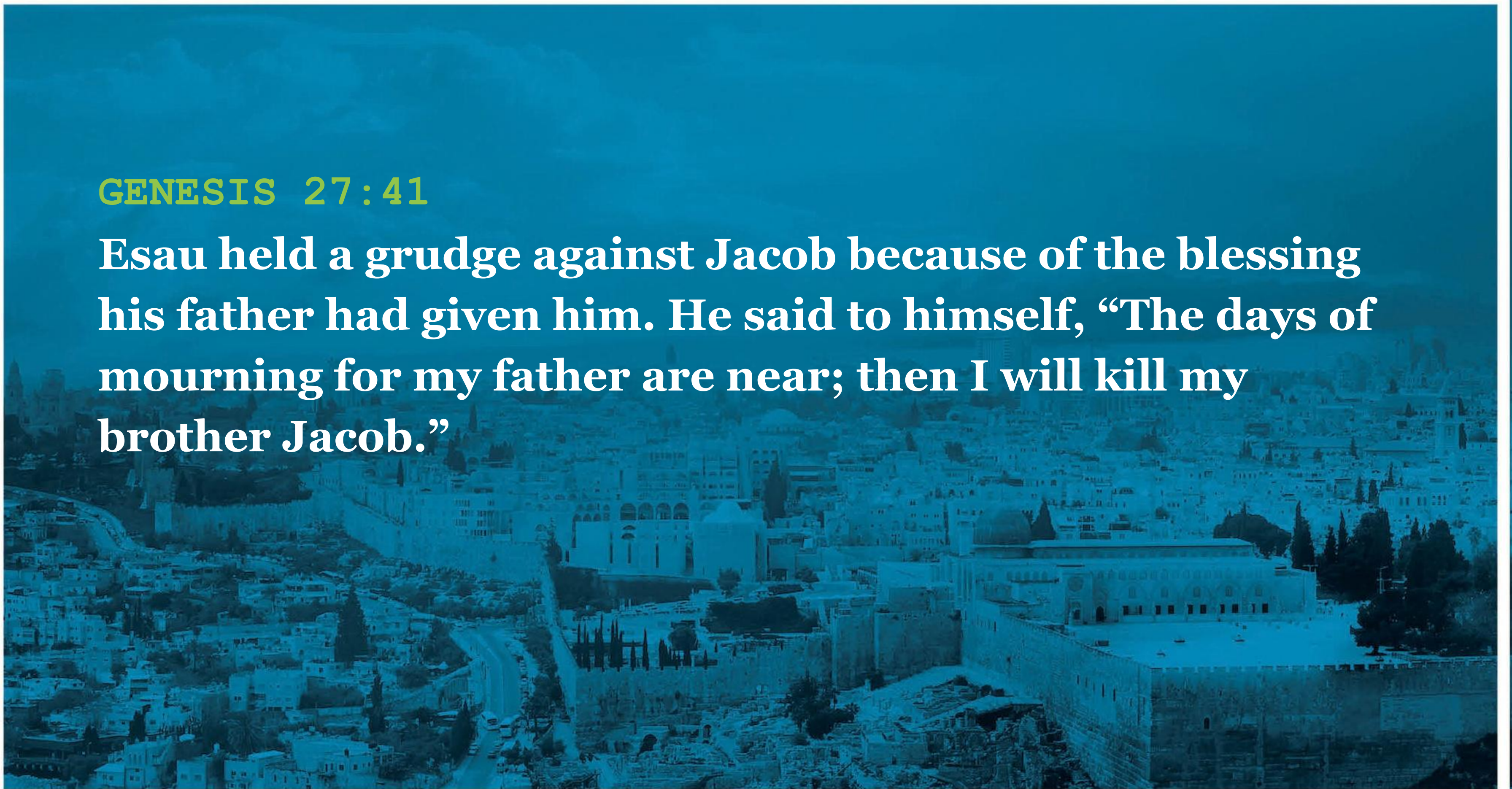


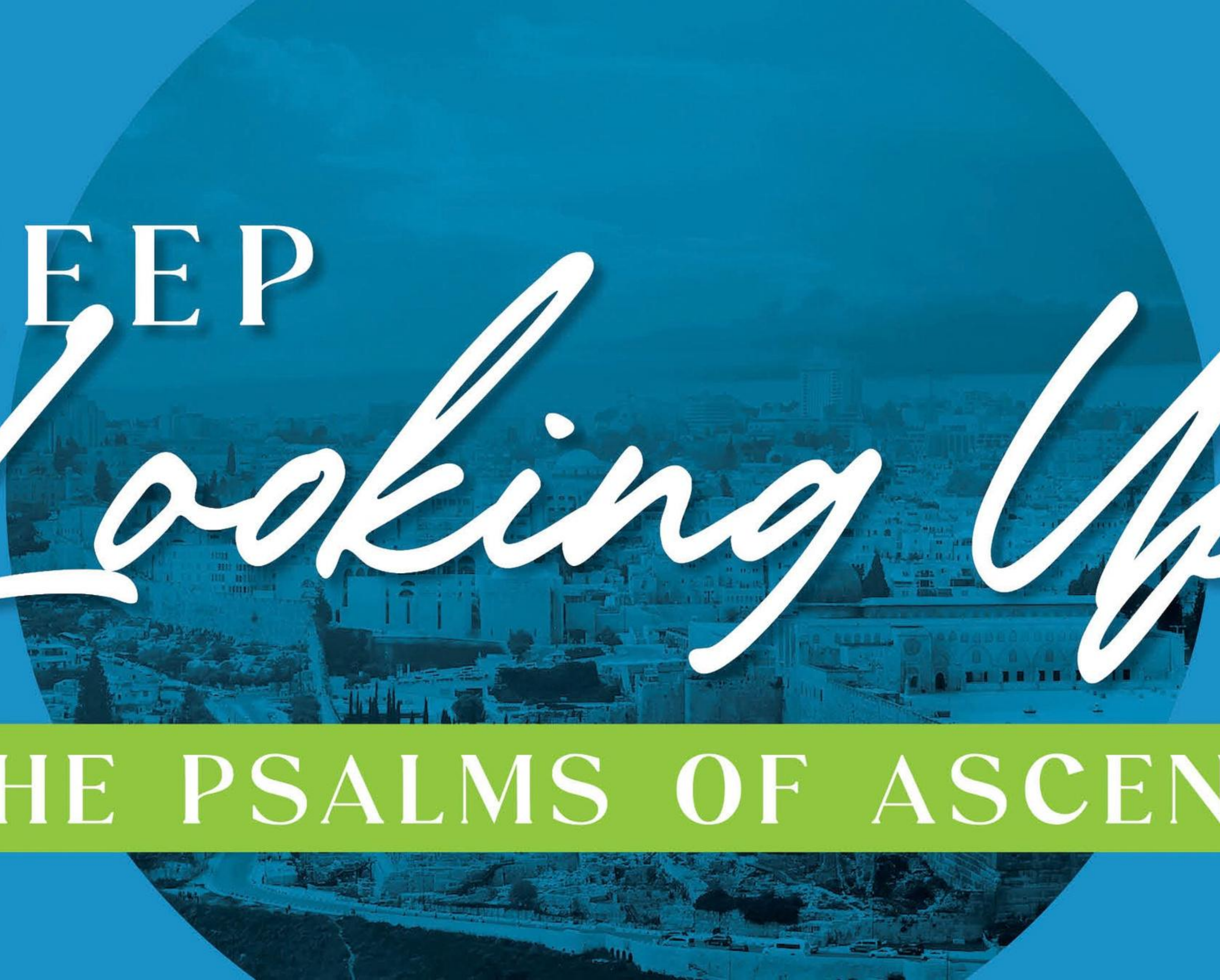
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GENESIS 27:41

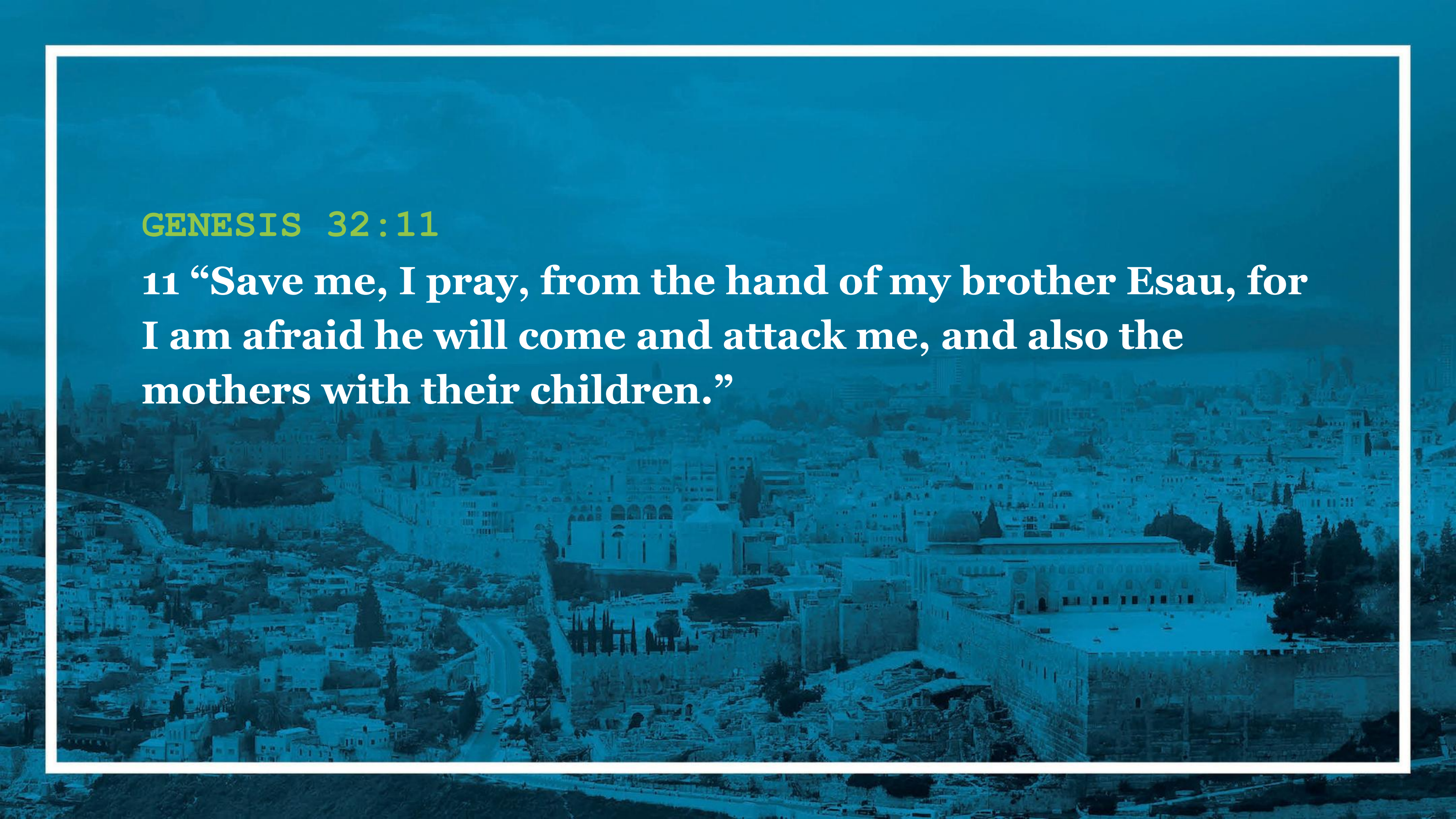
Esau held a grudge against Jacob because of the blessing his father had given him. He said to himself, “The days of mourning for my father are near; then I will kill my brother Jacob.”





KEEP *Looking Up*

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

GENESIS 32:11

11 “Save me, I pray, from the hand of my brother Esau, for I am afraid he will come and attack me, and also the mothers with their children.”

GENESIS 33:1-4

1 Jacob looked up and there was Esau, coming with his four hundred men; so he divided the children among Leah, Rachel and the two female servants. **2** He put the female servants and their children in front, Leah and her children next, and Rachel and Joseph in the rear.

GENESIS 33:1-4

3 He himself went on ahead and bowed down to the ground seven times as he approached his brother. 4 But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept.

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An aerial photograph of Jerusalem, showing the Old City walls and the Dome of the Rock, with a solid blue color overlay. The text "What do you need God to restore in your life?" is centered over the image. The word "restore" is highlighted in a light green color, while the rest of the text is white.

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