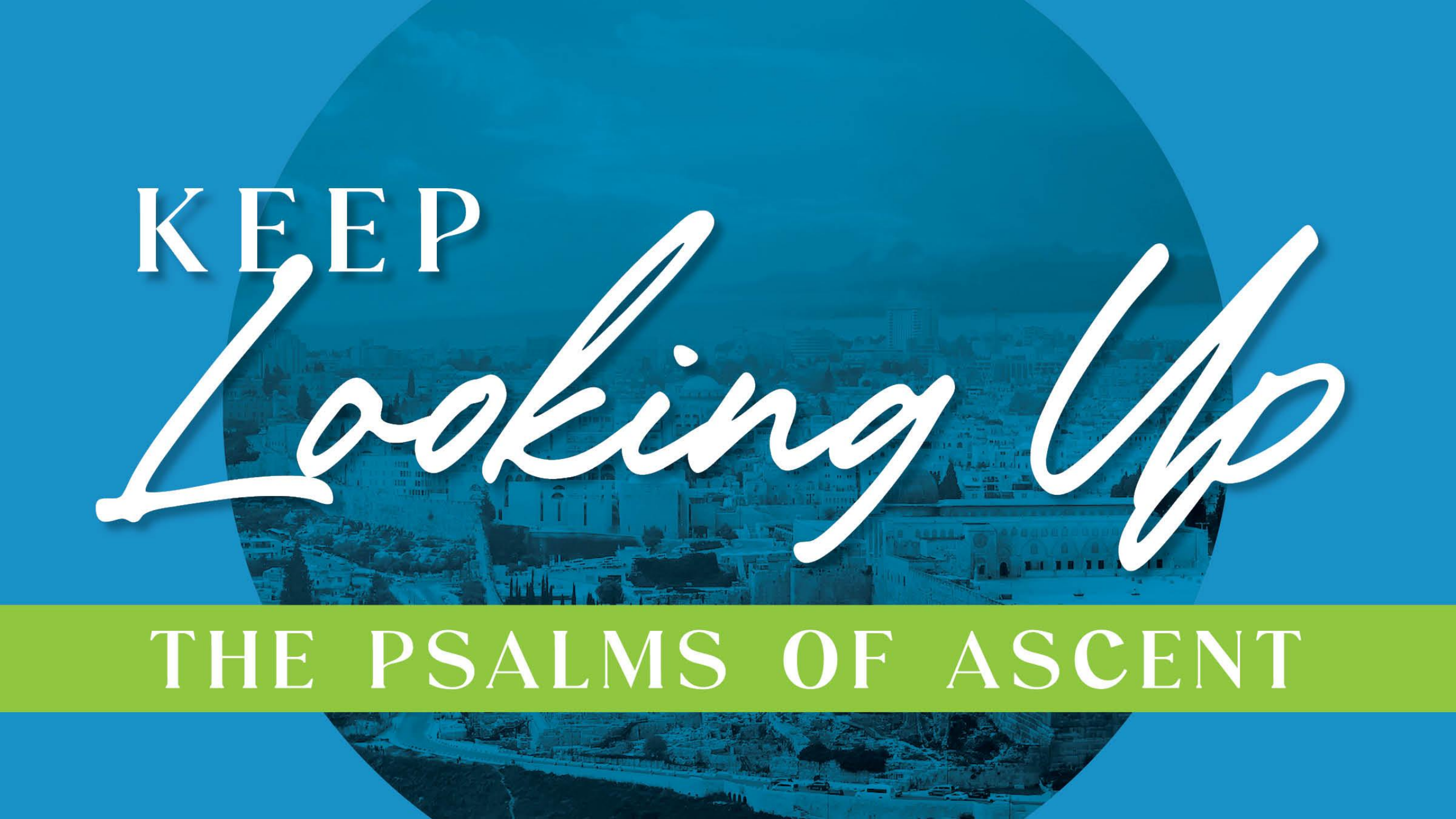
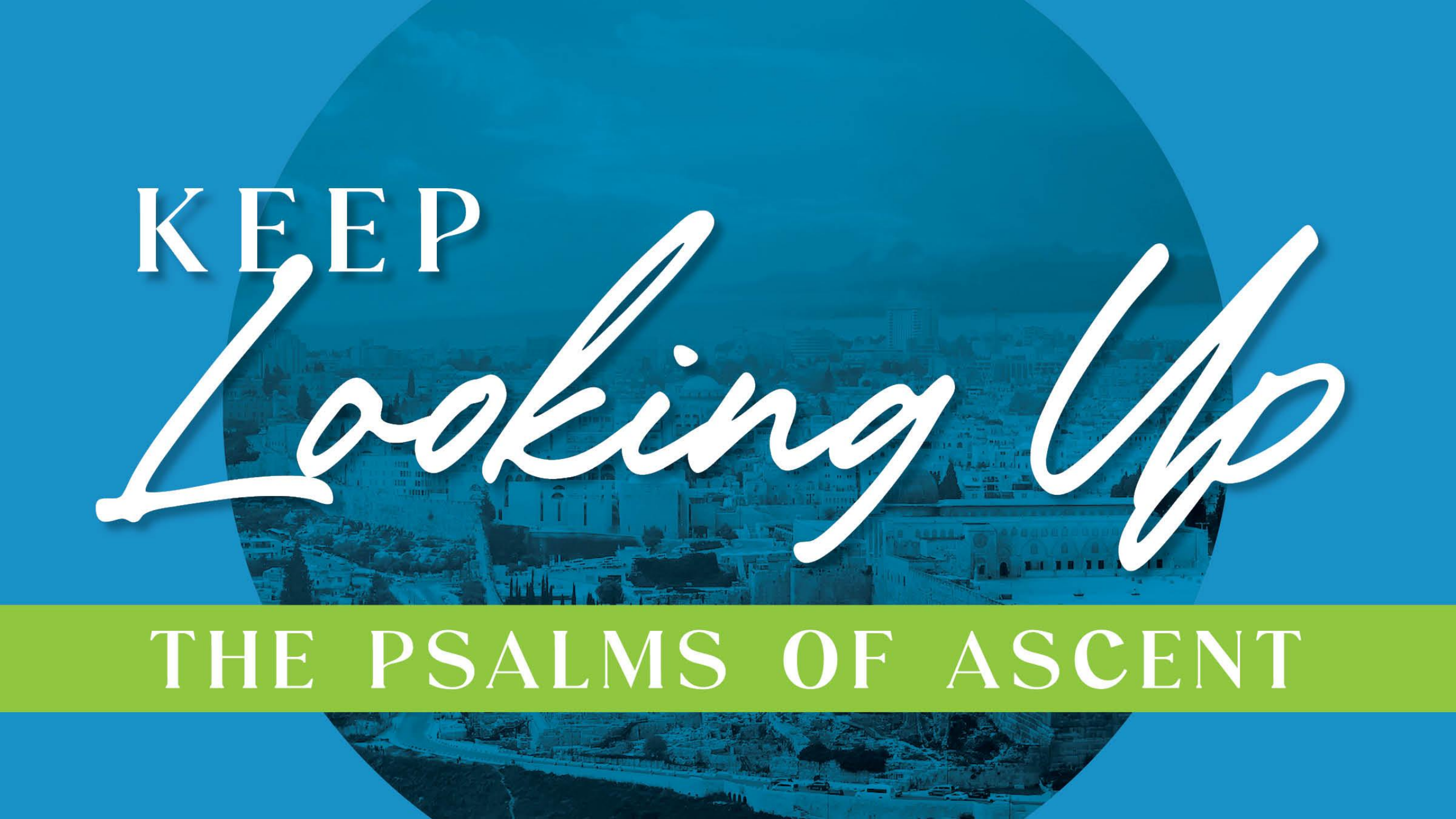

KEEP
Looking Up
THE PSALMS OF ASCENT

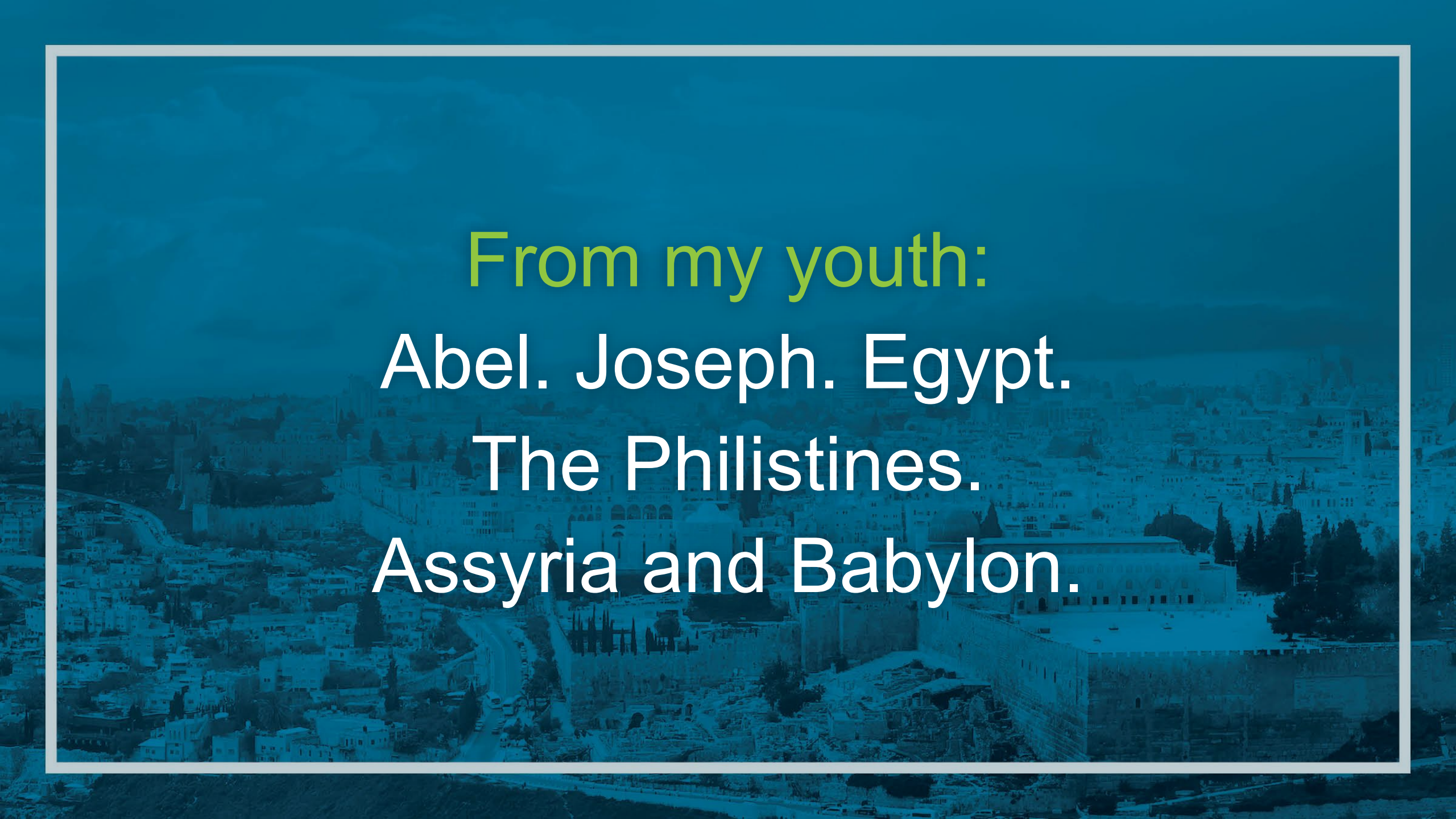

“A journey of a thousand miles
begins with one step.”


The journey begins with one step.
Then it’s 2 million steps where
you didn’t quit.


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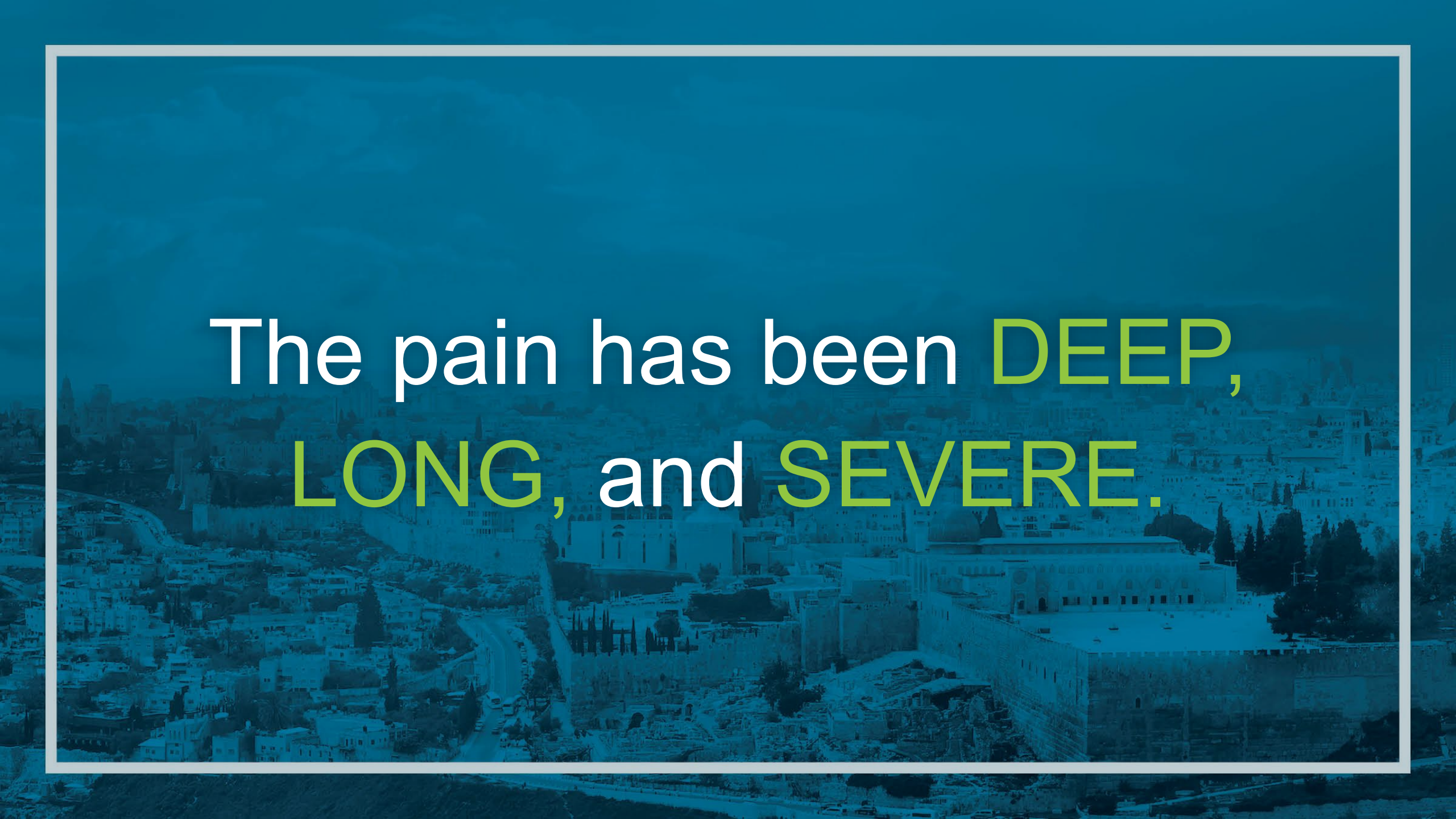
## PSALM 129:1-2

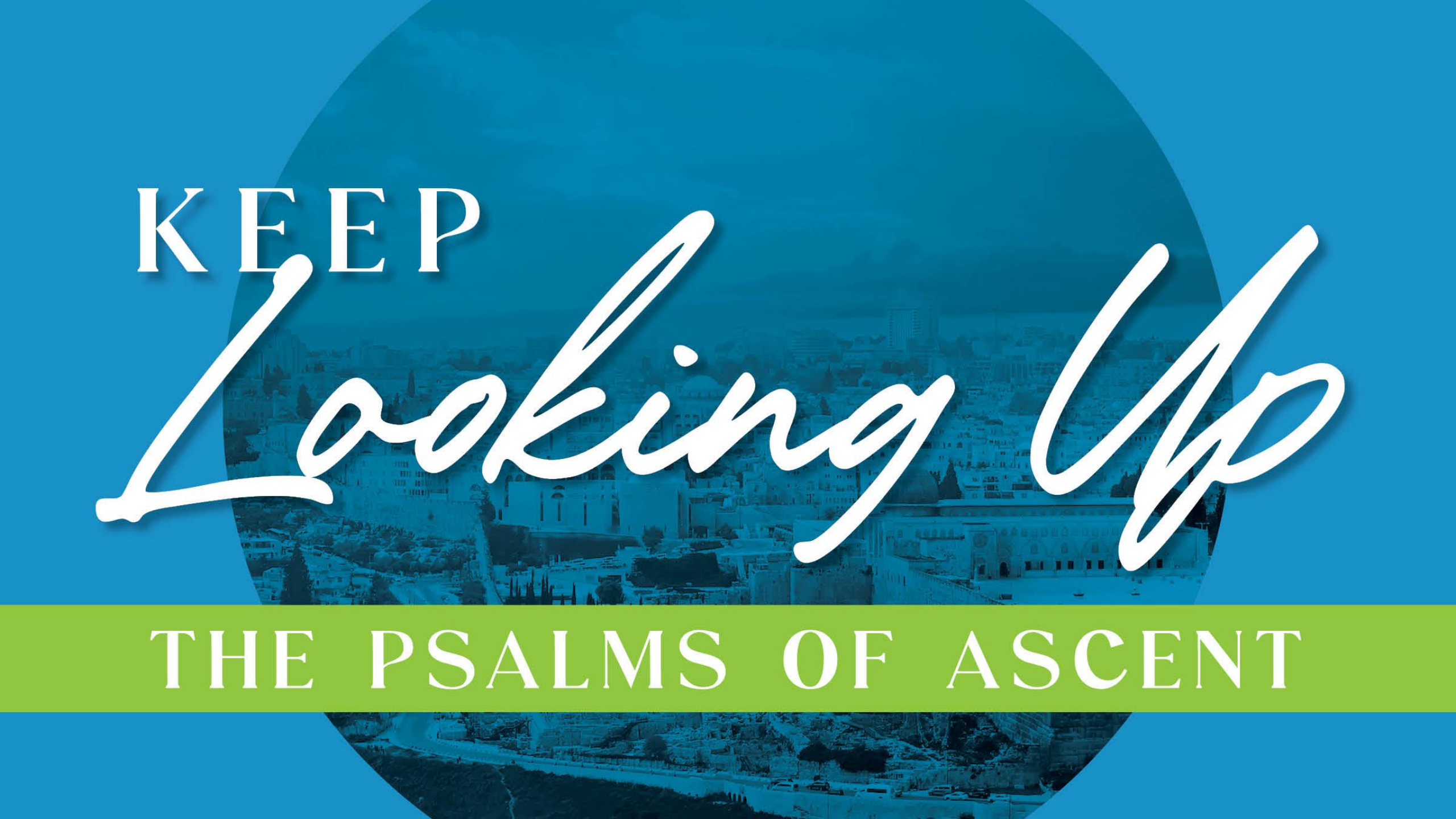
1 “They have greatly oppressed me from my youth,”
    let Israel say;
2 “they have greatly oppressed me from my youth,
    but they have not gained the victory over me.


From my youth:
Abel. Joseph. Egypt.
The Philistines.
Assyria and Babylon.

PSALM 129:3

3 Plowmen have plowed my back
and made their furrows long.

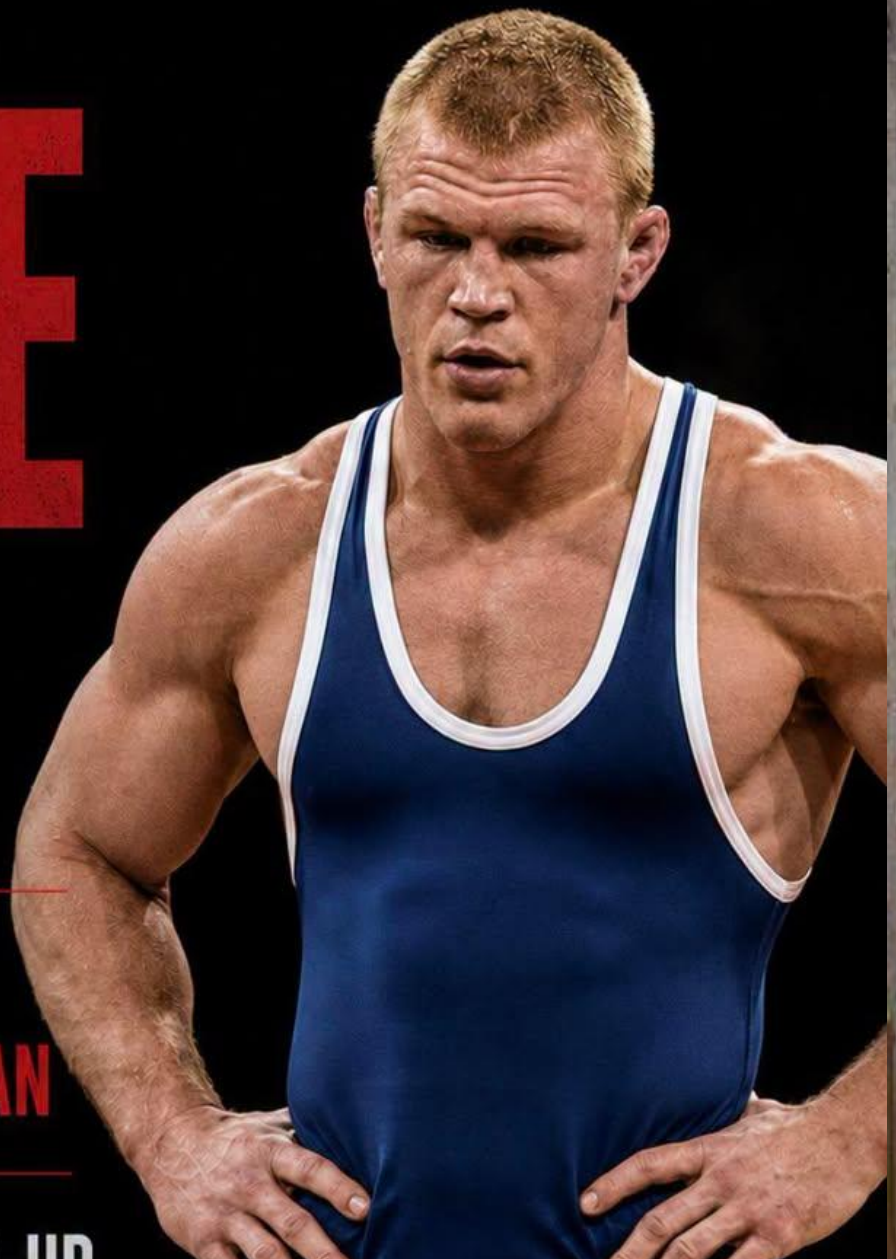

The pain has been DEEP,
LONG, and SEVERE.

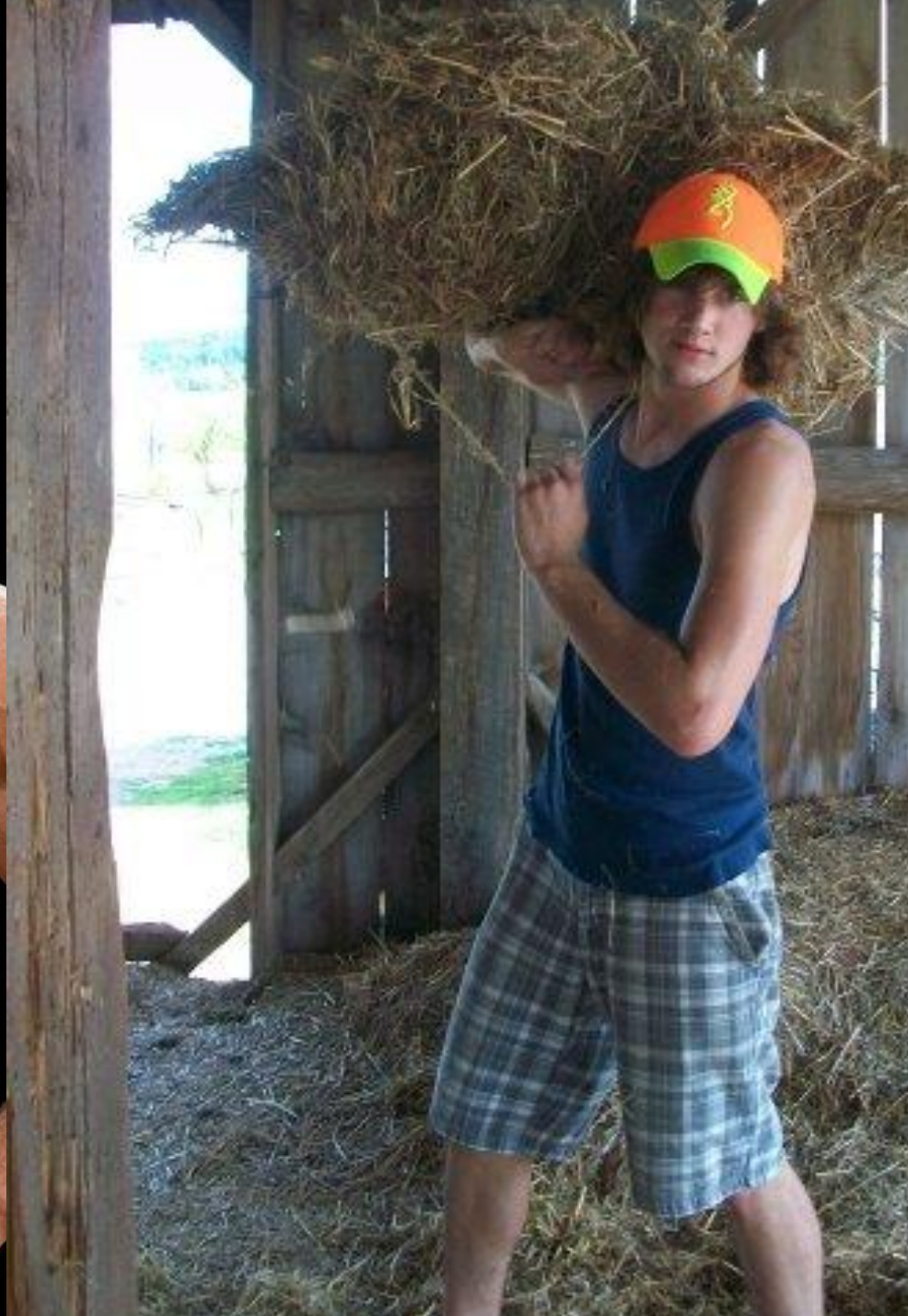

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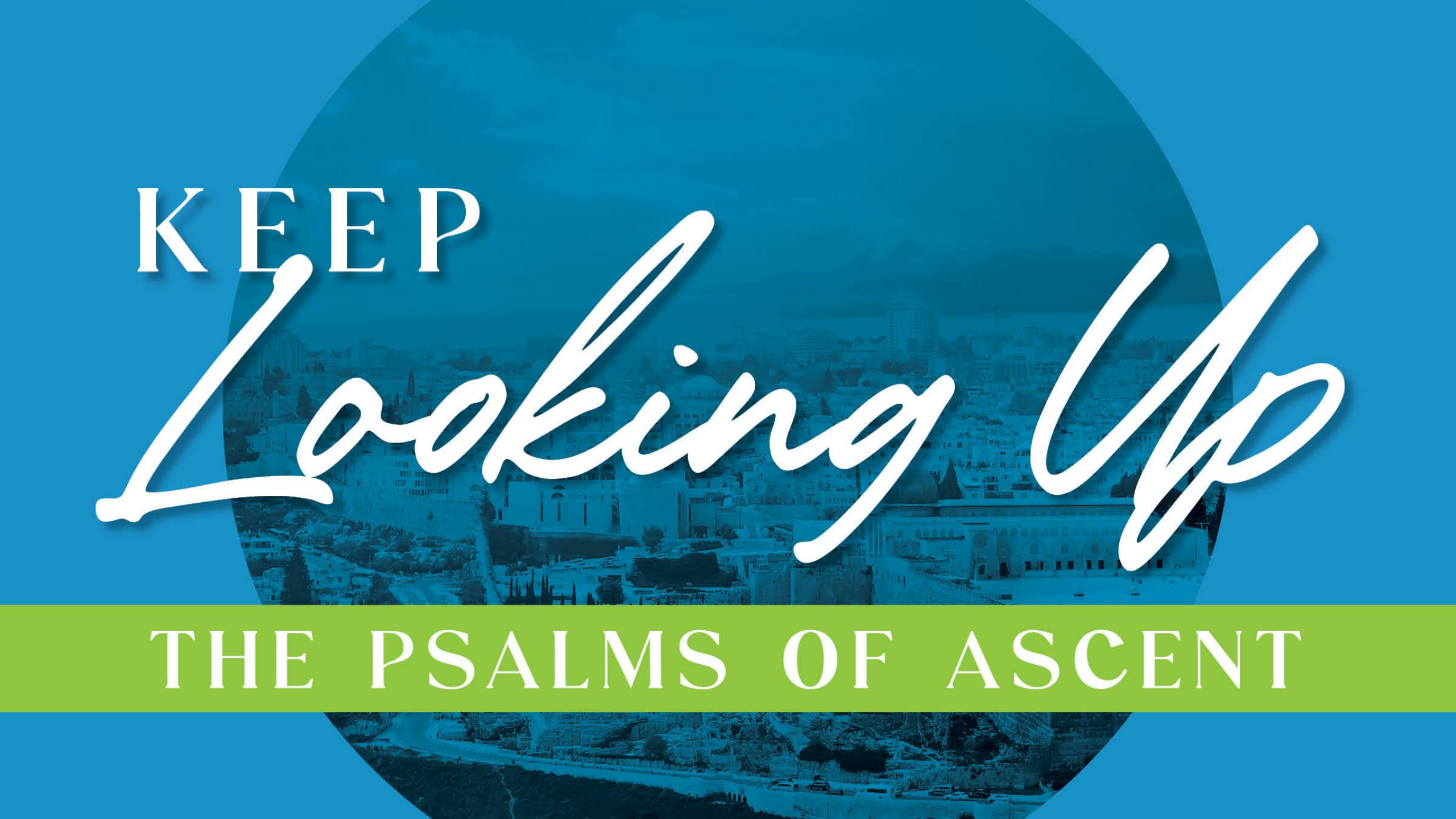
# ANDREW HOWE

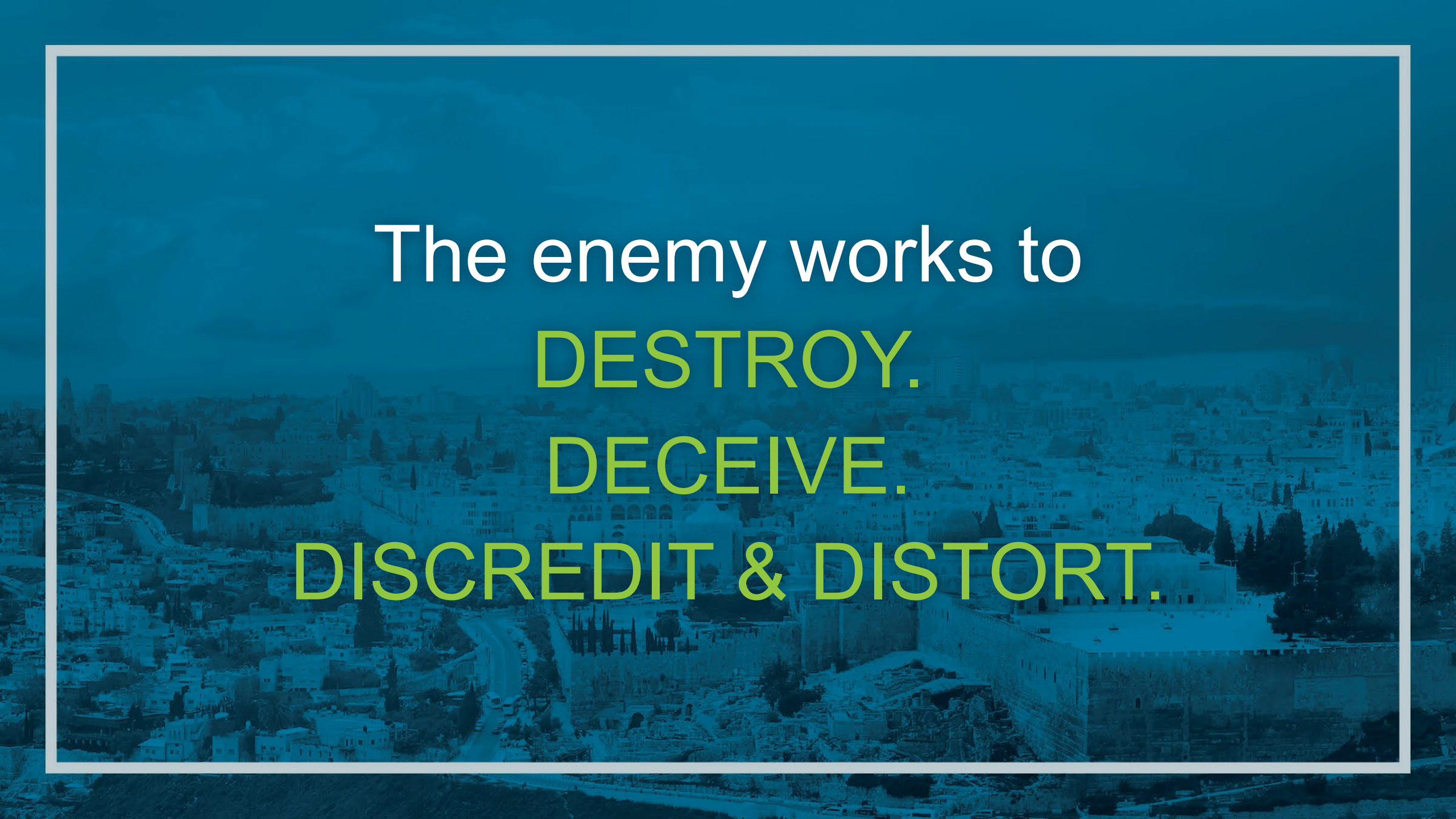
NCAA
CHAMPION
165 POUNDS • 2010

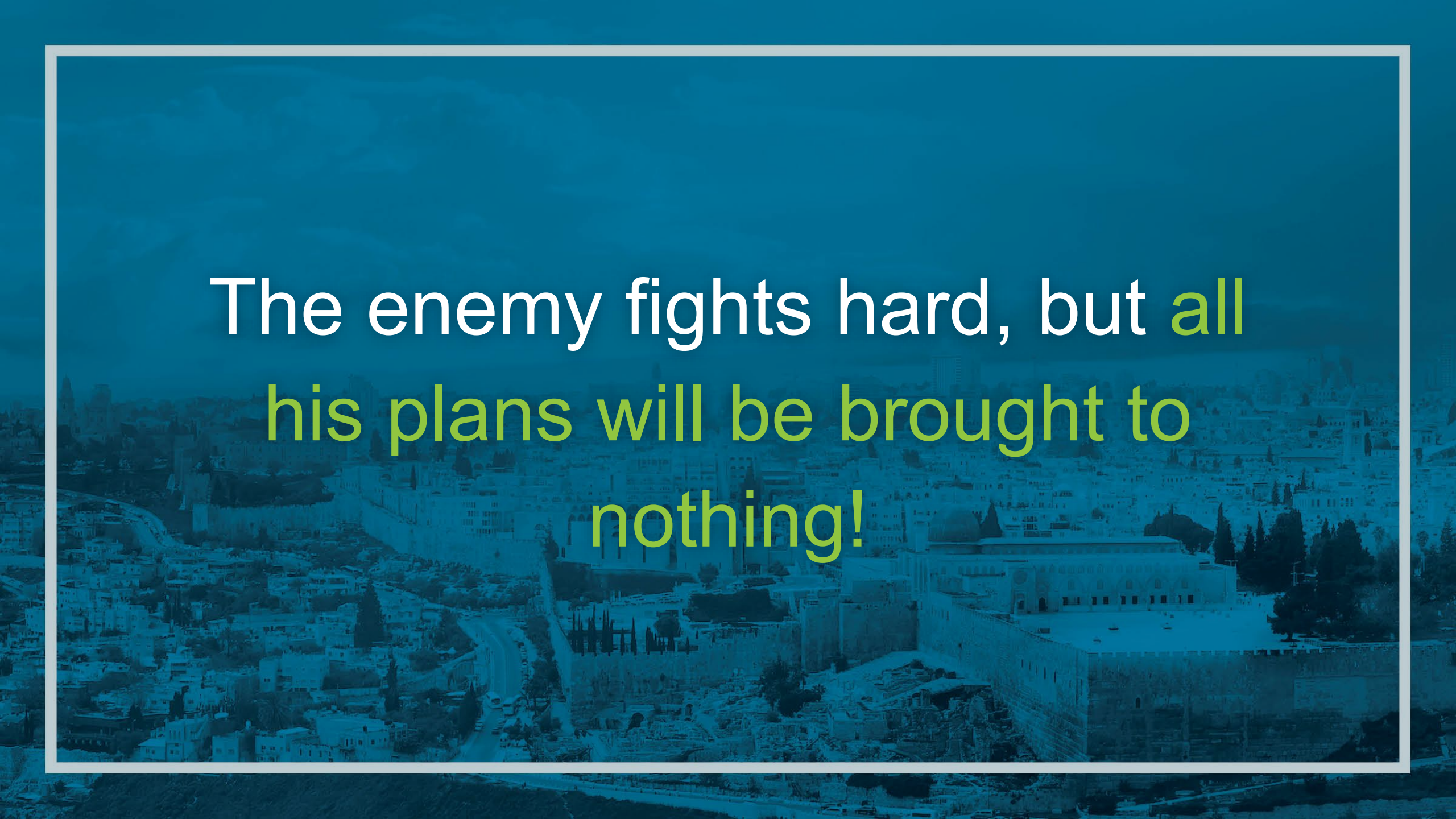
FOUR-TIME
ALL-AMERICAN

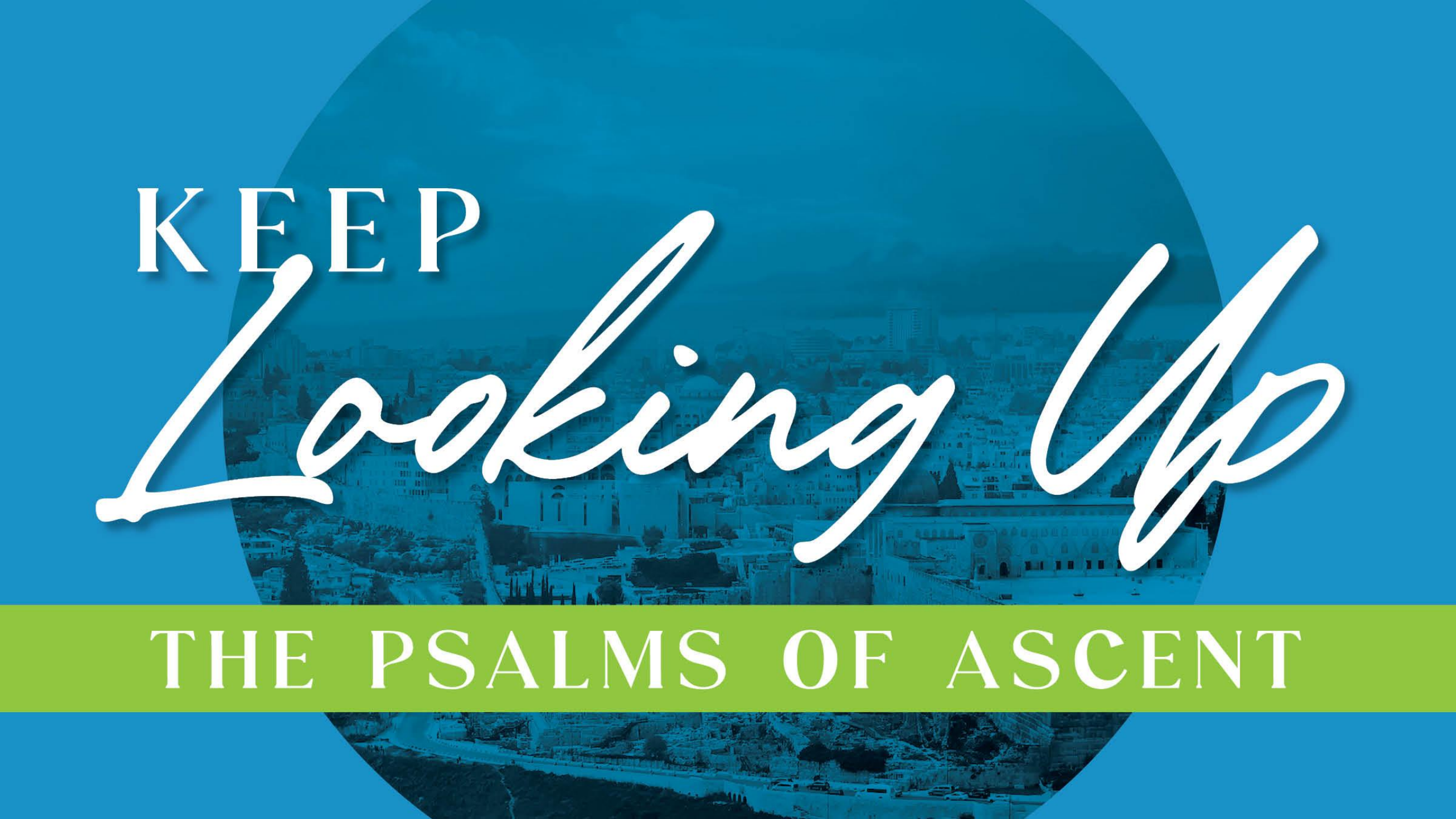





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The enemy works to
DESTROY.
DECEIVE.
DISCREDIT & DISTORT.


The enemy fights hard, but all
his plans will be brought to
nothing!


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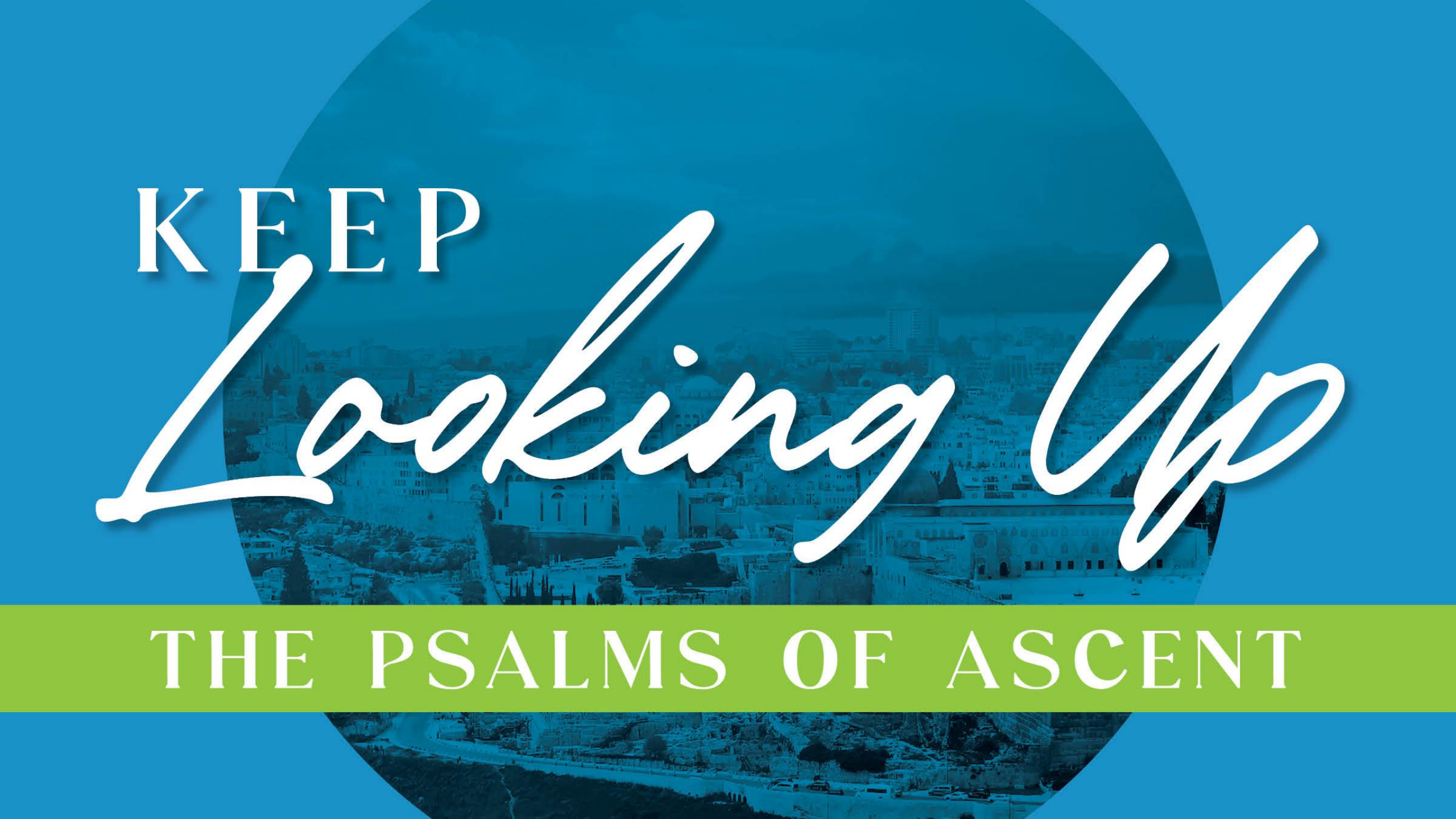
# GOD WILL CUT THE CORDS



## THE LORD IS RIGHTEOUS

PSALM 129:4

4 But the Lord is righteous;
he has cut me free from the cords of the wicked.


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# THEY WON'T HARVEST



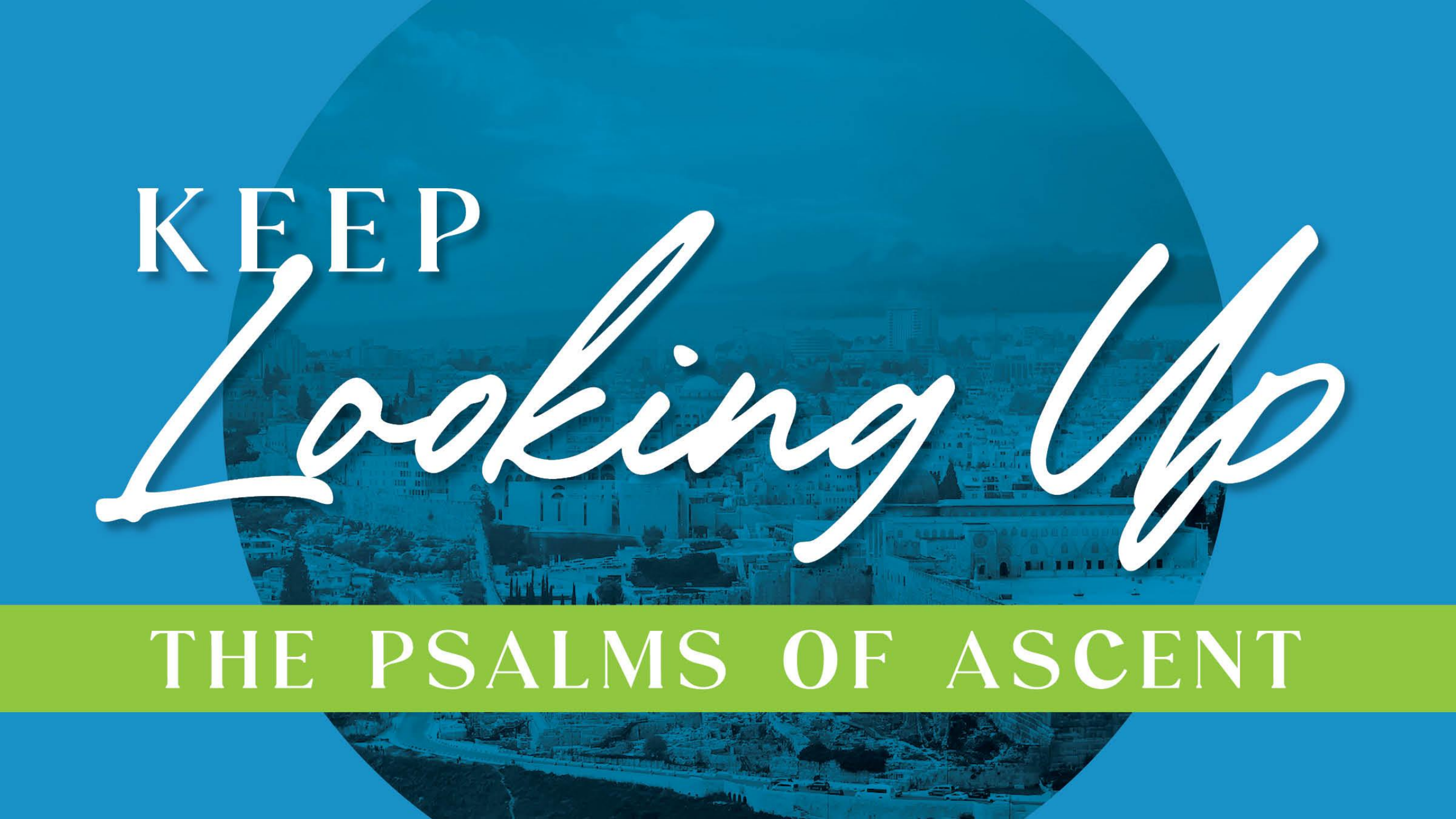
## WHAT THEY THINK

## PSALM 129:5-6

5 May all who hate Zion
be turned back in shame.
6 May they be like grass on the roof,
which withers before it can grow;

## PSALM 129:7-8

7 a reaper cannot fill his hands with it,
nor one who gathers fill his arms.
8 May those who pass by not say to them,
"The blessing of the Lord be on you;
we bless you in the name of the Lord."


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MATTHEW 16:18B NLT

I will build my church, and all the powers of hell will not conquer it.

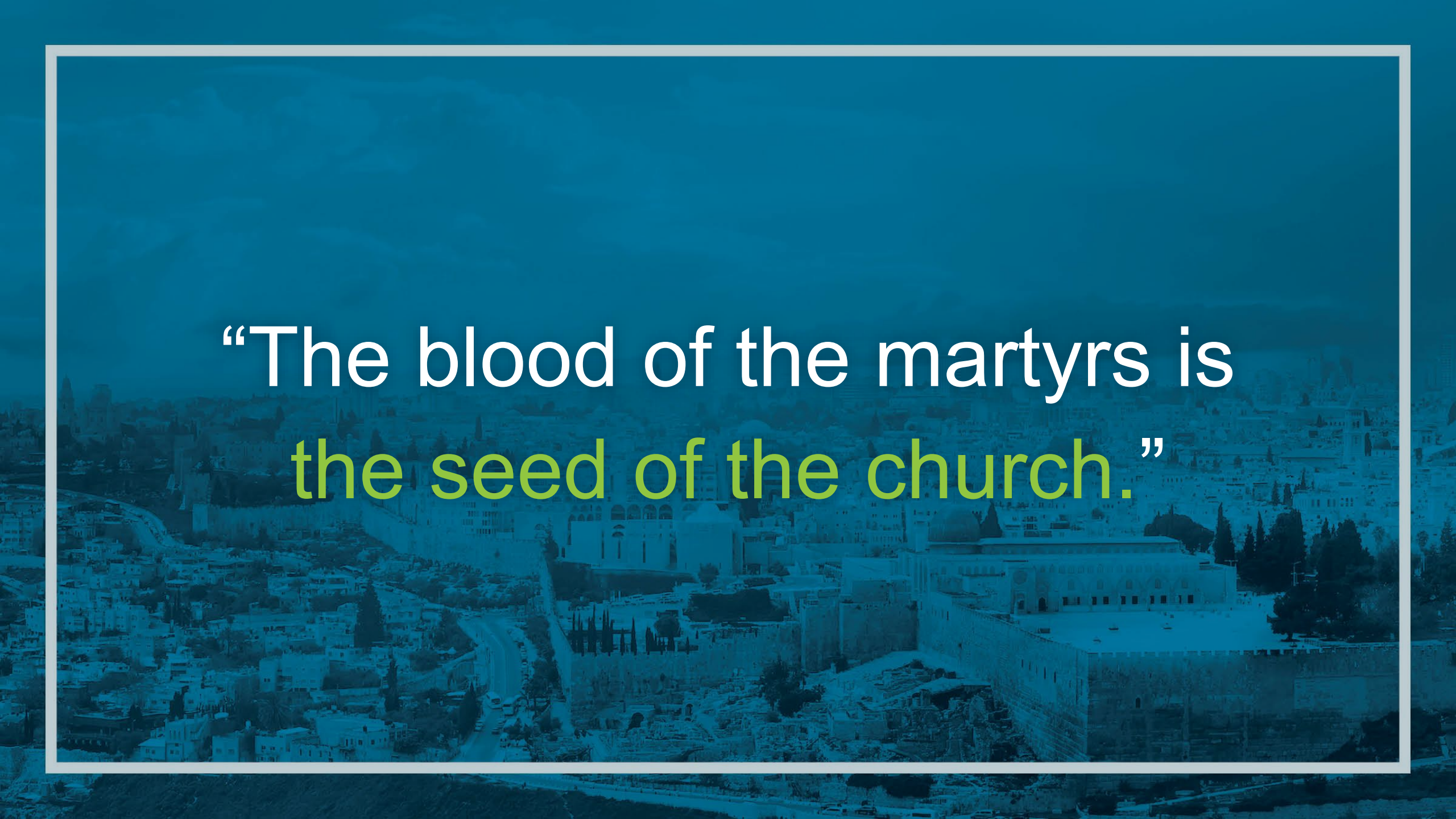


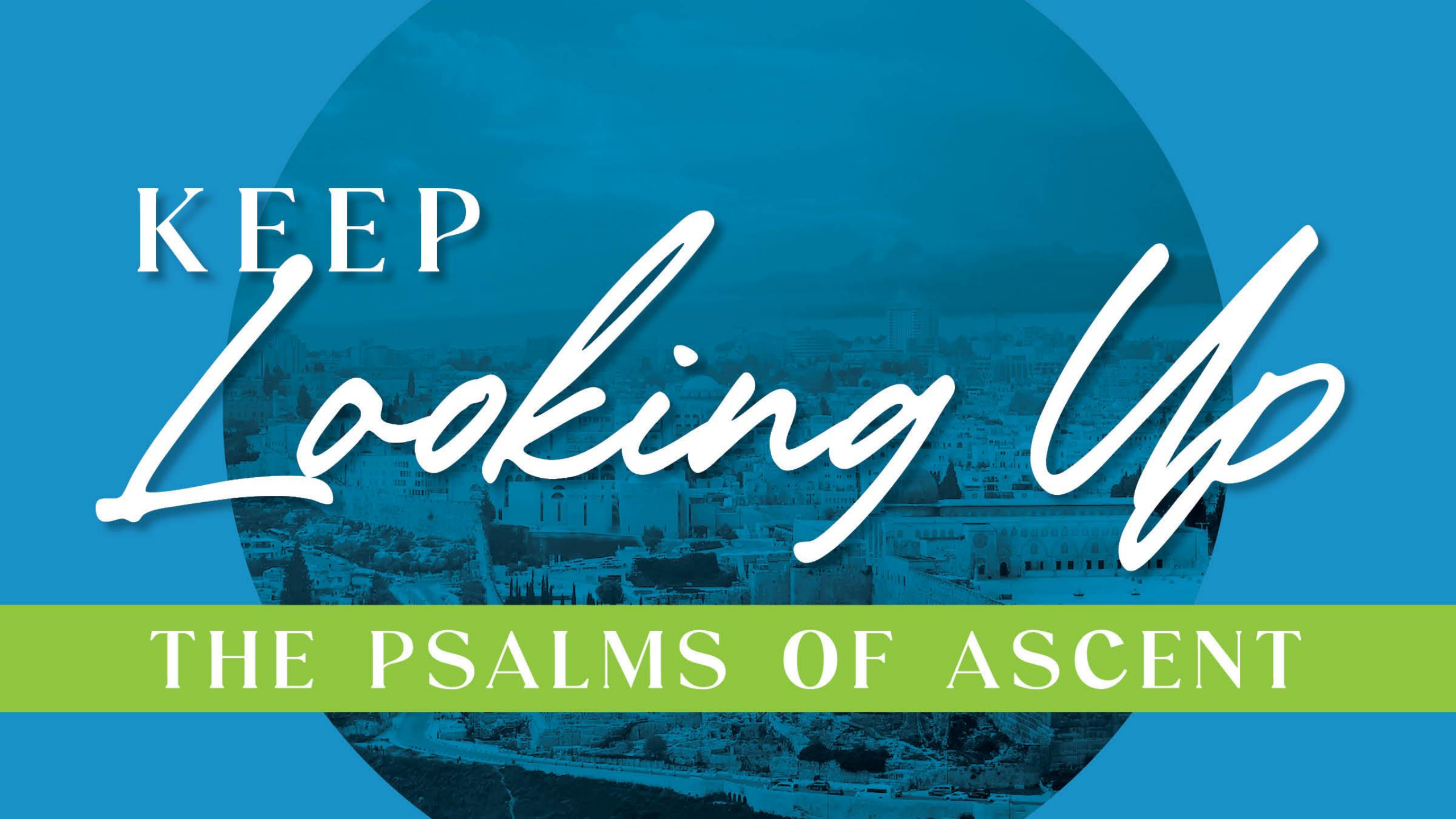
THEODORE BEZA

“The church is an anvil that has worn out many hammers.”

MATTHEW 5:11

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.


“The blood of the martyrs is
the seed of the church.”


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# DON'T QUIT

# AND KEEP LOOKING UP

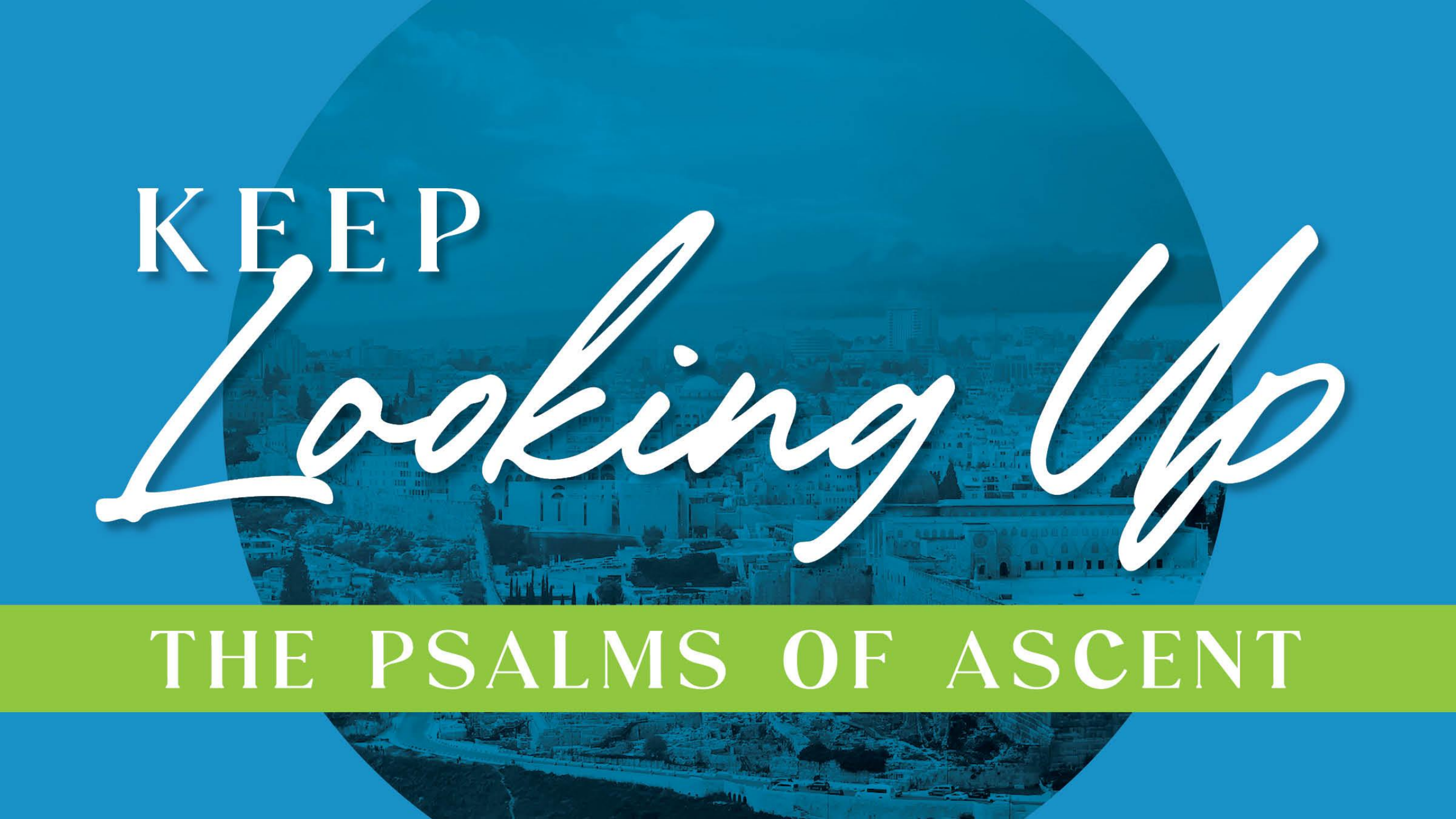
## Out loud quitting:

"I'm done with Jesus. I'm going my own way."


QUIET QUITTING

GREG DAUGHERTY

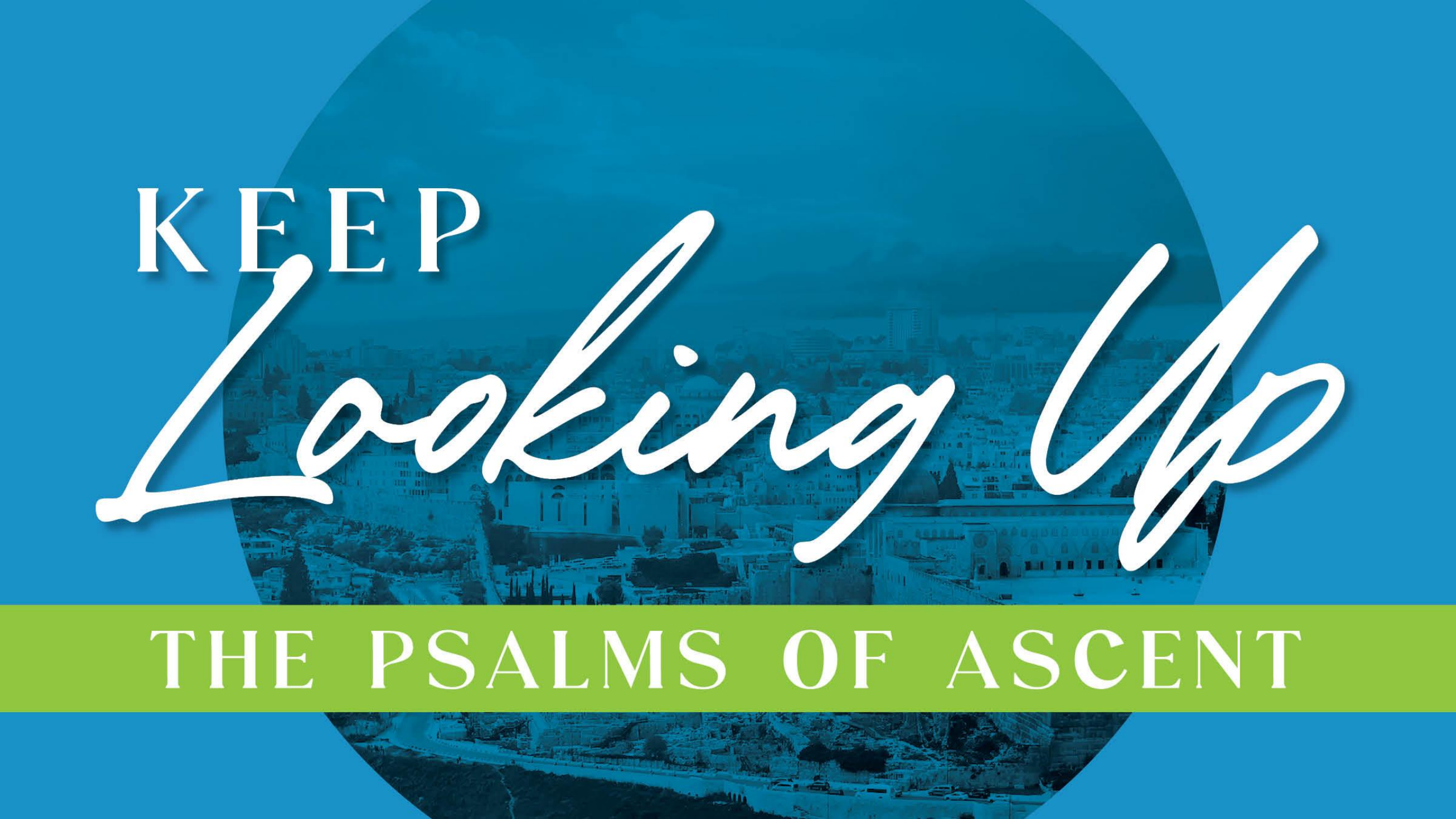
“Quiet quitting refers to doing the minimum requirements of one’s job and putting in no more time, effort, or enthusiasm than absolutely necessary.”


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DIETRICH BONHOEFFER

“Suffering, then, is the badge of true discipleship.”


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# BY HIS WOUNDS

# WE ARE HEALED

## ISAIAH 53:2 NLT

2 My servant grew up in the Lord’s presence like a tender green shoot, like a root in dry ground. There was nothing beautiful or majestic about his appearance, nothing to attract us to him.

## ISAIAH 53:3-4 NLT

3 He was despised and rejected— a man of sorrows,
acquainted with deepest grief. We turned our backs on
him and looked the other way. He was despised, and
we did not care. 4 Yet it was our weaknesses he
carried; it was our sorrows that weighed him down.
And we thought his troubles were a punishment from
God, a punishment for his own sins!

## ISAIAH 53:5-6 NLT

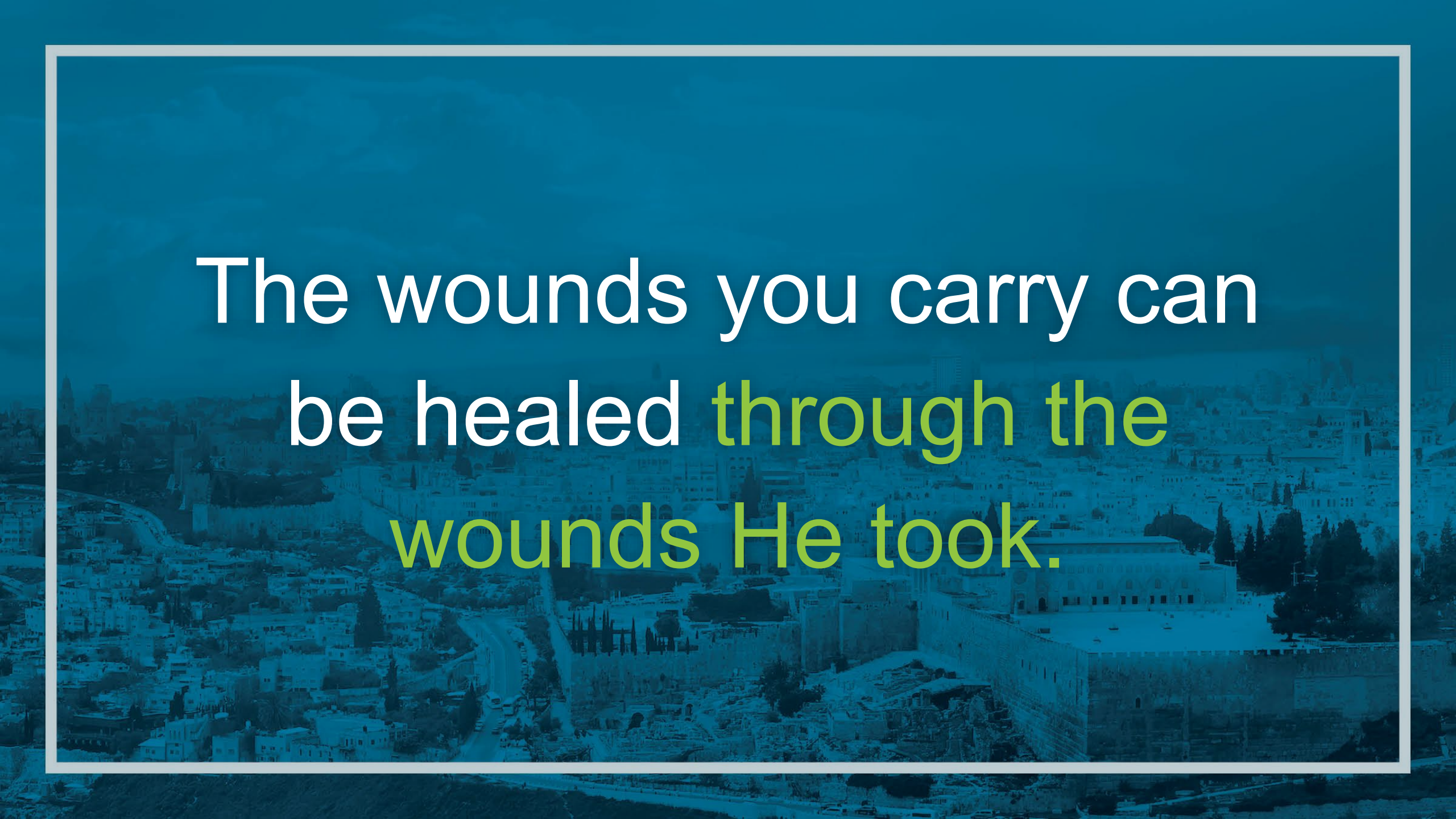
5 But he was pierced for our rebellion, crushed for our
sins. He was beaten so we could be whole. He was
whipped so we could be healed. 6 All of us, like sheep,
have strayed away. We have left God's paths to follow
our own. Yet the Lord laid on him the sins of us all.

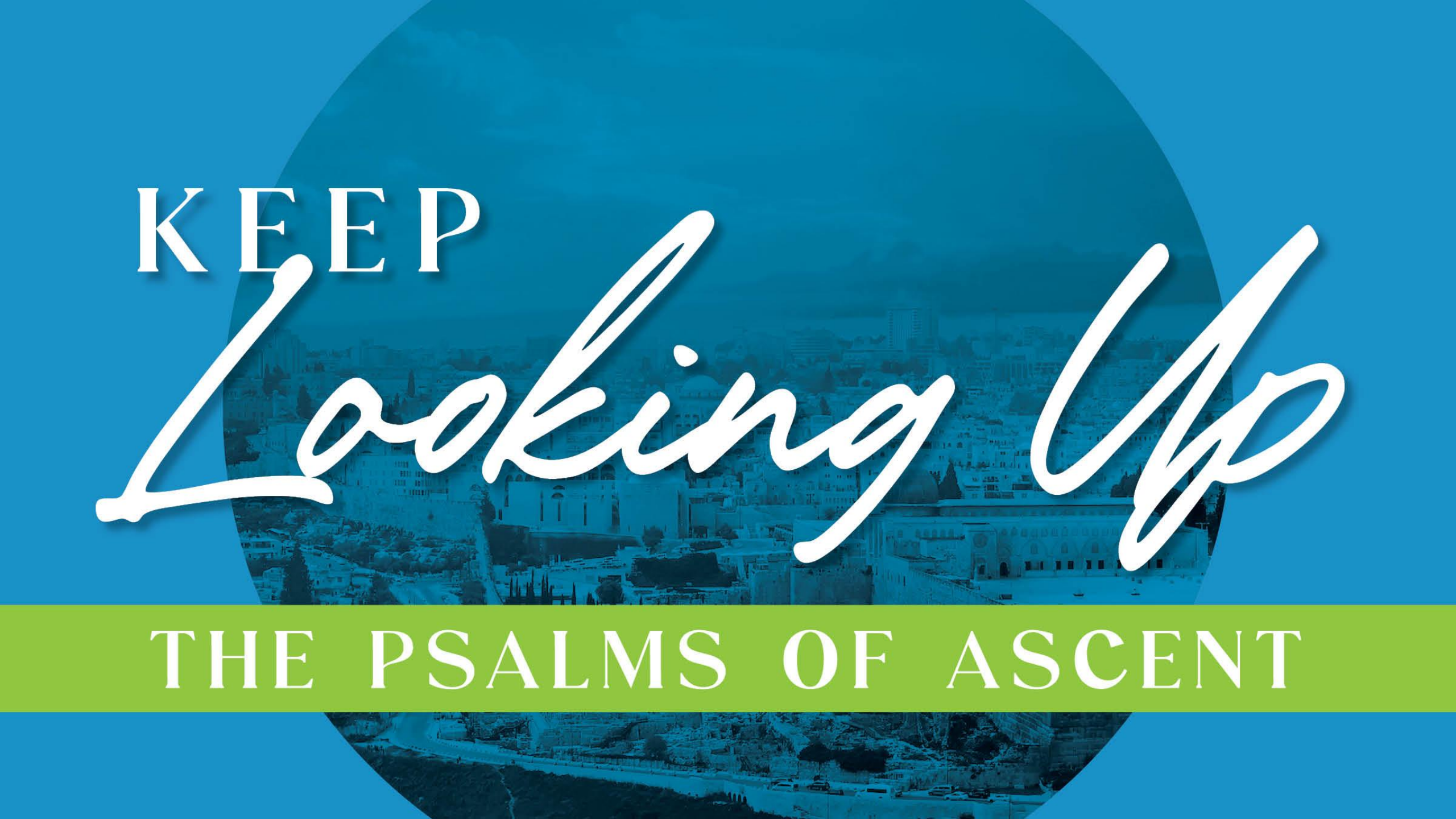
ISAIAH 53:7 NLT

7 He was oppressed and treated harshly, yet he never
said a word. He was led like a lamb to the slaughter.
And as a sheep is silent before the shearers, he did
not open his mouth.

## ISAIAH 53:11 NLT

11 When he sees all that is accomplished by his
anguish, he will be satisfied. And because of his
experience, my righteous servant will make it possible
for many to be counted righteous, for he will bear all
their sins.


The wounds you carry can
be healed through the
wounds He took.

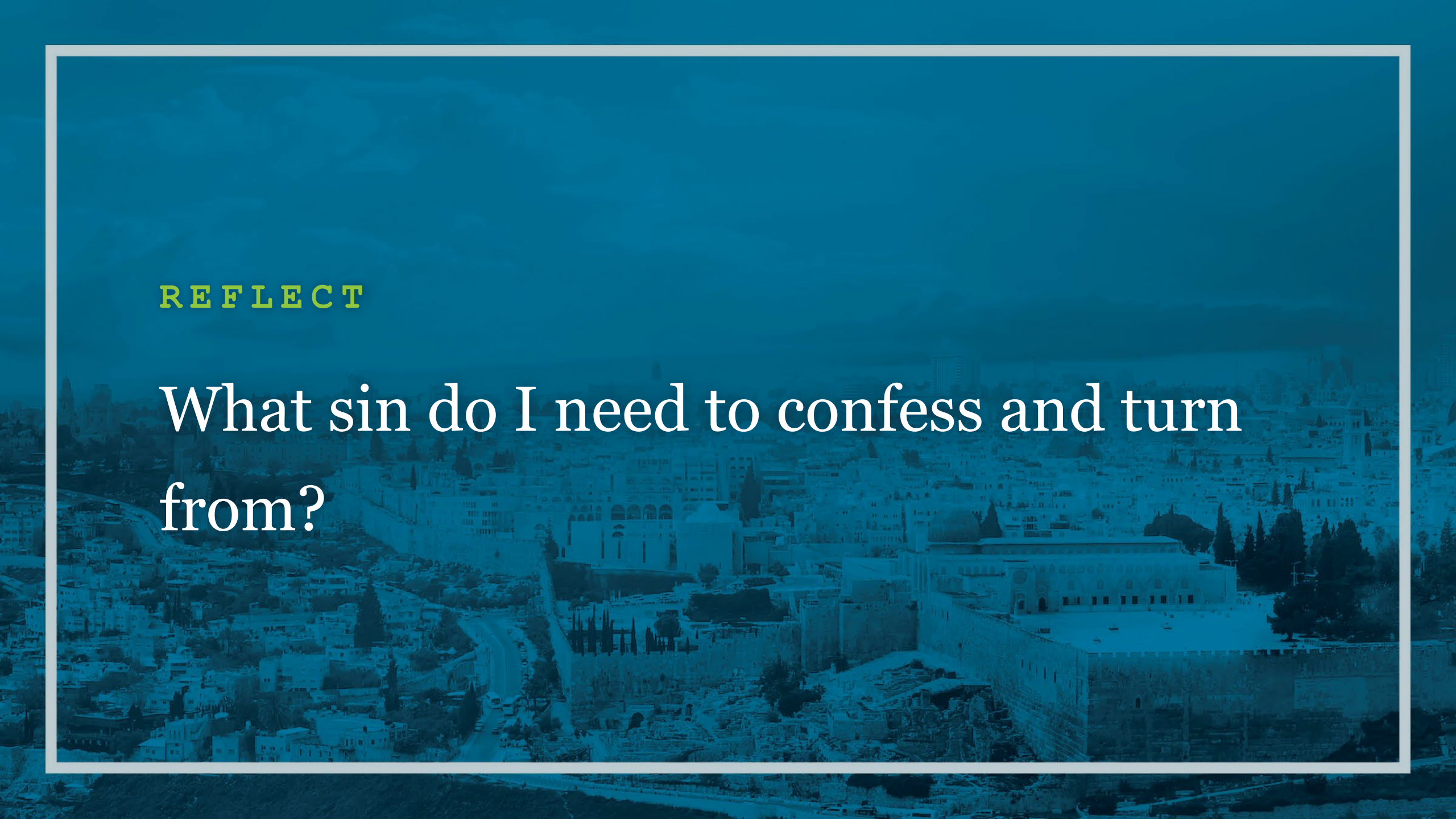

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# COMMUNION



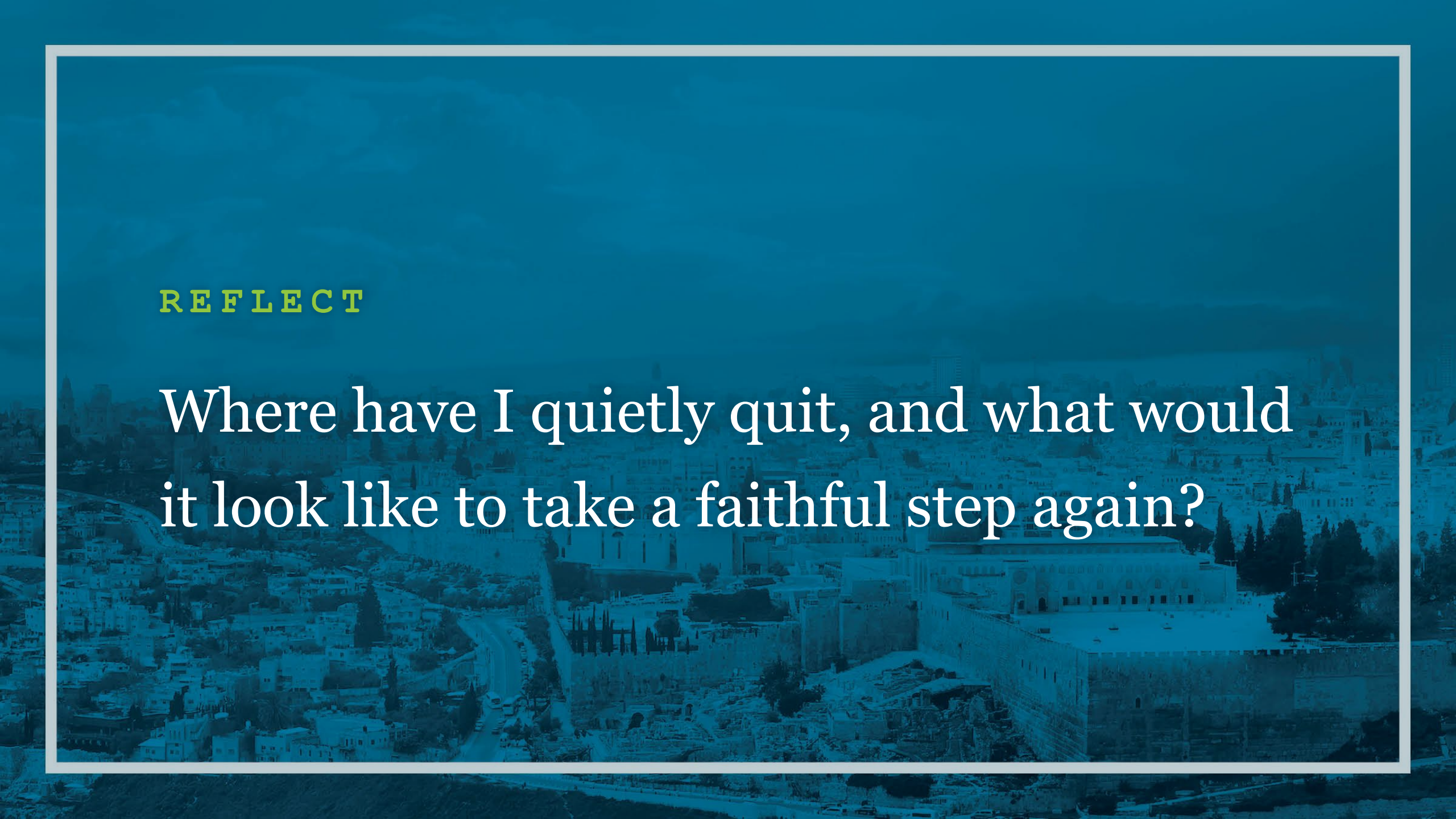
1 PETER 2:24 NLT

He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.



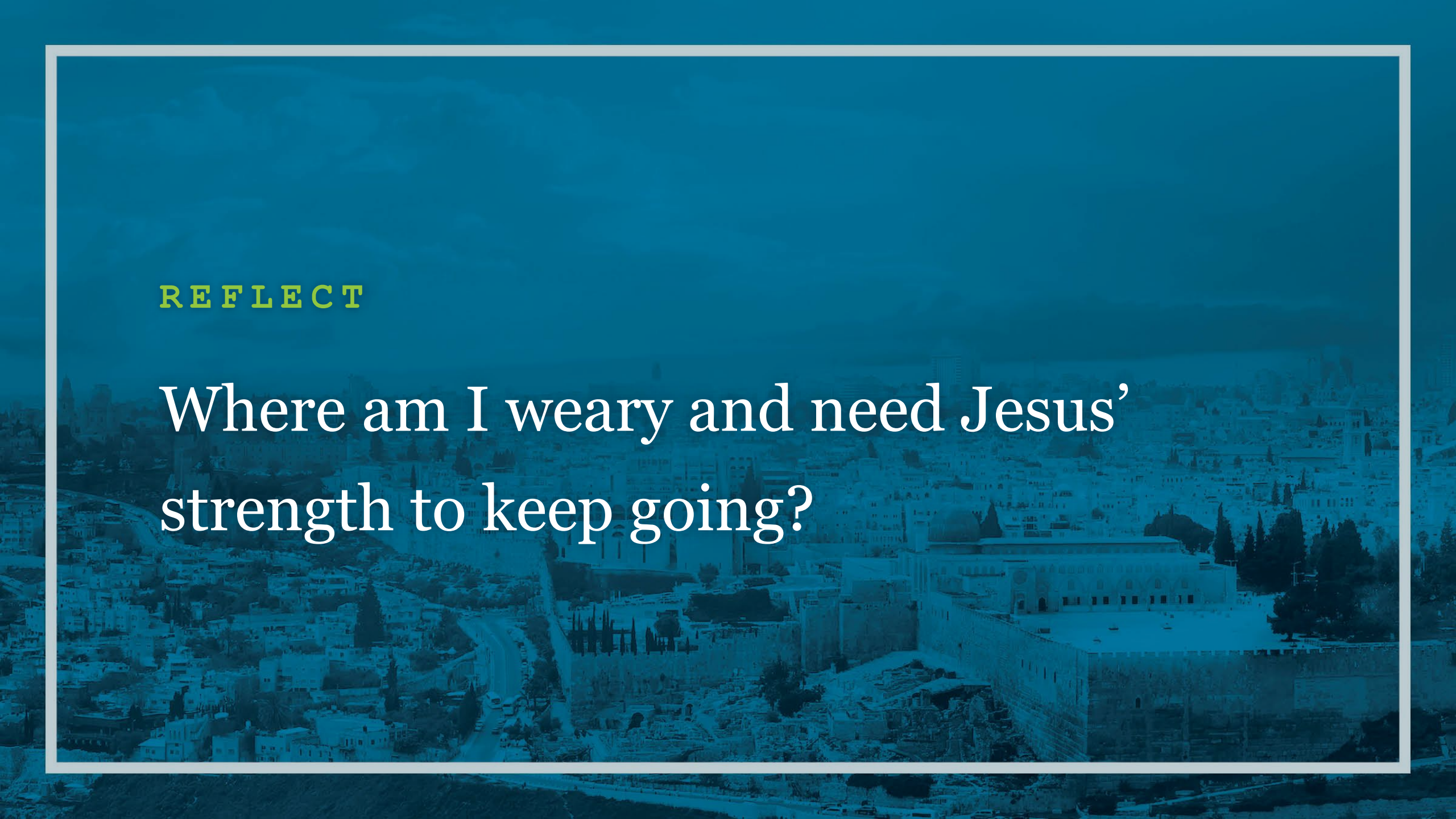
REFLECT

# What sin do I need to confess and turn from?



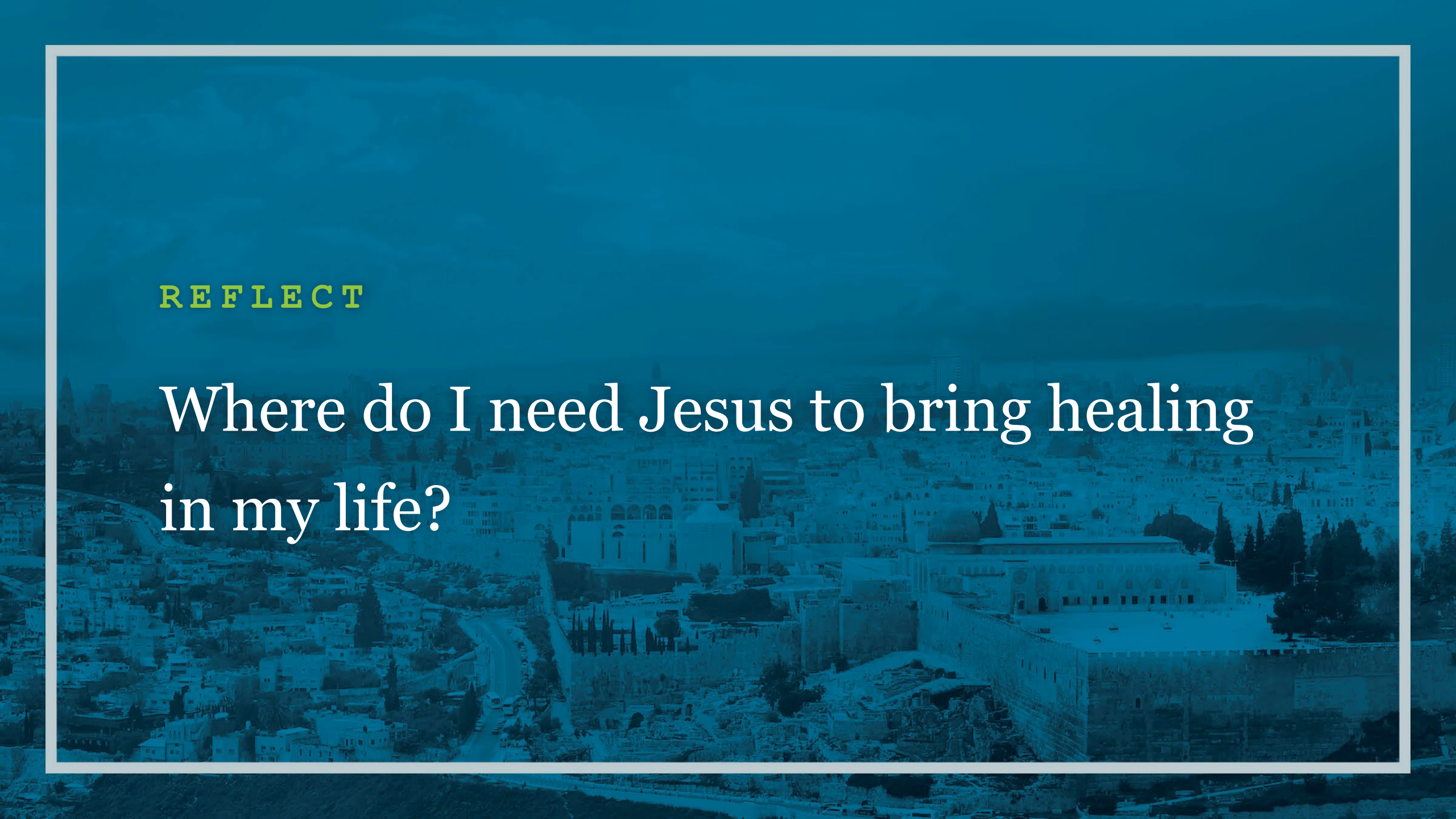
REFLECT

Where have I quietly quit, and what would it look like to take a faithful step again?



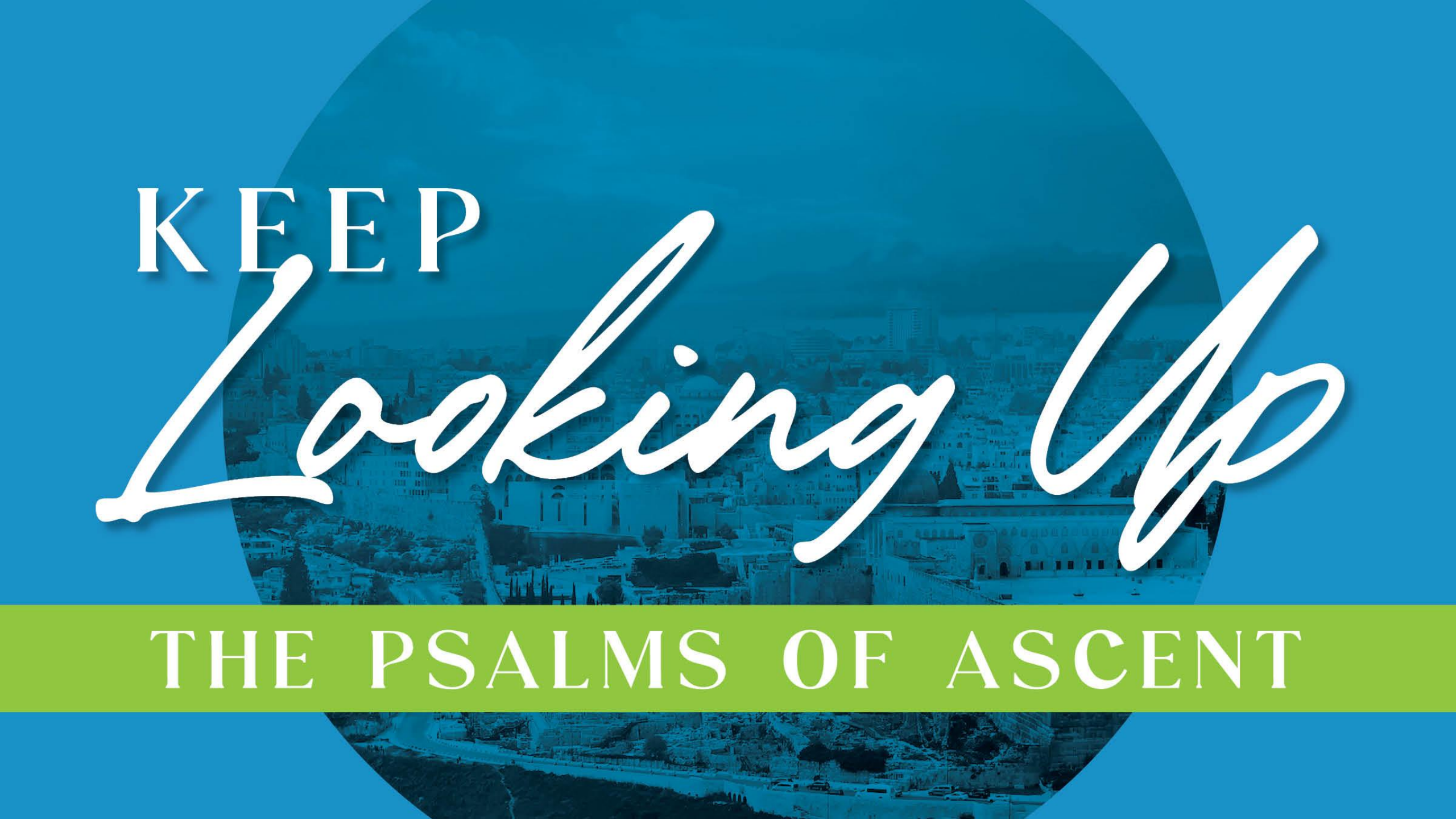
REFLECT

# Where am I weary and need Jesus' strength to keep going?



REFLECT

# Where do I need Jesus to bring healing in my life?


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