

Psalm 122 Psalms of Ascent part 3: “Joy, Thankfulness and Peace!”

(Psalm of ascent slide)

Psalms of Ascent are songs that were used by Jewish pilgrims as they made their way to Jerusalem for the three annual festivals/celebrations of Passover, of Pentecost, and of the Tabernacle.

The themes of these songs can help us on our journey. They can help us press on when we grow tired. They can inspire us when we are tempted or feel discouraged.

The Psalms have been called the prayers and praise of the people. Through the centuries, the Psalms have given voice to the voiceless, prayers to the prayerless, and hope to the hopeless. Where the rest of the Bible is seen as the voice of God, the Psalms are the voices of people “with” God.

(Picture of Walt Brueggemann’s book The Message on the Psalms)

Psalms of orientation, Psalms of disorientation and Psalms or re-orientation (Last week)

*Psalm 122 in NIV*

*and then Psalm 122 in The Message version*

### 1. Joy

*Psalm 122: 1-2 NIV*

(Picture of Jesus smiling)

God is the most joyful being in the universe. And God became a human in Jesus, and in Jesus we see what God is actually like.

Our view of God shapes our lives more than anything else in this world.

*Luke 10:21*

How would you rank your joy right now? How would others rank your joy?

### 2. Thankfulness

*Psalm 122:3-5 The message version*

In worship we come together from all different tribes and as one people, in all of our diverse humanity, in harmony, joy and unity.

*Philippians 4:4-7*

*Do you practice the discipline of gratitude? If so how?*

### 3. Prayer for Peace

*Psalm 122:6-9*

What does peace and prosperity mean to you?

Shalom

“Profound holistic spiritual, psychological and emotional well-being to those who steadfastly set their hearts on God.”

*Isaiah 26:3*

It gathers all aspects of wholeness that results from God’s love and favor bestowed on us even with us not knowing...

Shalvah

When we focus on God, our sense of peace and security deepens.

“Be with, become like, and do the things that Jesus did.”

Practice : Incorporating joy, thankfulness and peace in your daily life