

A stylized illustration of a mountain range with several peaks, rendered in a hatched, woodcut-like style. The mountains are arranged in a slightly undulating line across the width of the page.

G O D  
O F  
R E F U G E

A STUDY OF THE  
PSALMS OF ASCENT

WORSHIP GUIDE

## GOD OF REFUGE

Life in this world is a journey. Most of us start the journey optimistic and hopeful. We chart our course and set sail, but it doesn't take long to learn that life is filled with both highs and lows, success and failures, joys and sorrows, gains and losses. The journey can take a toll on us. Life's ups and downs can leave us disoriented, disappointed, and doubting. In honest moments we might wonder... Is this all there is? Am I enough? Where was God? What's next?

But the scriptures tell us of a holy God that offers himself to us as a saving refuge as we live life in this fallen, sinful world ([Psalm 28:8](#)). The Psalms remind us over and over again that God promises provision, protection, and his empowering presence to his covenant people ([Psalm 46:1](#), [Psalm 61:3](#), [Psalm 57:1](#), [Psalm 62:7](#)). No matter where you are in life, where you've been, where you are going, no matter what you are facing, God invites you to come to him through Jesus and find refuge & renewal in him.

In this series, we will be studying Psalms 120-134 (commonly referred to as the Psalms of Ascent). This collection of Psalms were sung by the Israelites as they journeyed (ascended) to Jerusalem to worship God there. These songs were a tool to equip the hearts and minds of God's people to enter His presence. These unique Psalms are what Stephen Yuille calls, "a catalog of human experiences." John Calvin referred to them as "a mirror for the soul." They bring us face to face with life's many realities and then point our eyes heavenward to God, where refuge and renewal are found. We hope that as we study the Psalms of Ascent in this new year, God will renew us. That our mind will remember the steady character of God, our hearts will be renewed in his presence, and that our lives will be shaped by his gospel-promises.

## SERIES OVERVIEW:

January 3 - Psalm 28:1-9

January 10 - Psalm 120 (Deliverance)

January 17 - Psalm 121 (Providence)

January 24 - Psalm 122 (Worship)

January 31 - Psalm 123 (Mercy)

February 7 - Psalm 124 (Help)

February 14 - Psalm 125 (Protection)

February 21 - Psalm 126 (Renewal)

February 28 - Psalm 127 (Provision)