



PILGRIM SONGS:

✠ THE PSALMS OF ASCENT ✠



O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. 2 But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. 3 O Israel, hope in the Lord from this time forth and forevermore.

-Psalm 131:1-3



Recap of Context: Psalms of Ascent

- These Psalms (120-134) were sang by Jews on their pilgrimages back to the temple in Jerusalem
- Three festivals they back to Jerusalem for annually: Feast of Unleavened Bread (Passover), Feast of Weeks (Pentecost), & Feast of Booths



What is Hope?

Our Hope is rooted in God's Promises

- 4 For whatever was written in former days was written for our instruction, that through endurance and *through the encouragement of the Scriptures we might have hope.* -Romns 15:4

Our Hope is rooted in God's Attributes

- For God alone, O my soul, wait in silence, *for my hope is from him.* -Ps. 62:5



Hope comes by crucifying our pride & humbling our Hearts. (v.1)

Pride is instinctive (resides in the Heart)

Pride leads to worldly desires

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not

Pride leads us to arrogance

occupy myself with things too great and too marvelous for me.

-Psalm 129:1

*“God abhors other sinners but against the proud he professes open defiance &
hostility.” -Thomas Manton*

Natural Humility = We are small creatures; God is great Creator & Sustainer

**Moral Humility = We are sinners devoid of moral virtue adequate to stand before God in
and of ourselves; God is morally excellent & good — therefore, we are dependent upon
Him**



Hope comes by resting in God's providence by quieting our souls. (v.2)

2 But I have calmed and quieted my soul, like a weaned child with its mother;
like a weaned child is my soul within me.

-Psalm 129:2

How do we quiet our souls?

- Cultivating in self-denial (weaken attachment w/ the world) within ourselves
- Cultivating dependence upon God by recognizing all things are from Him
- Cultivating contentment & learning to live by what God gives us



*At that time the disciples came to Jesus, saying, “Who is the greatest in the kingdom of heaven?” 2 And calling to him a child, he put him in the midst of them 3 and said, “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. 4 **Whoever humbles himself like this child is the greatest in the kingdom of heaven.***

-Matthew 18:1-3



Christ, the Hope of Glory, is the fuel of our hope. (v.3)

Present Hope

Future Hope

3 O Israel, hope in the Lord from this time forth and forevermore.

-Psalm 129:3

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, 4 since we heard of your faith in Christ Jesus and of the love that you have for all the saints, 5 because of the hope laid up for you in heaven. -Colossians 1:1-3



Fruit of Spiritual Growth





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