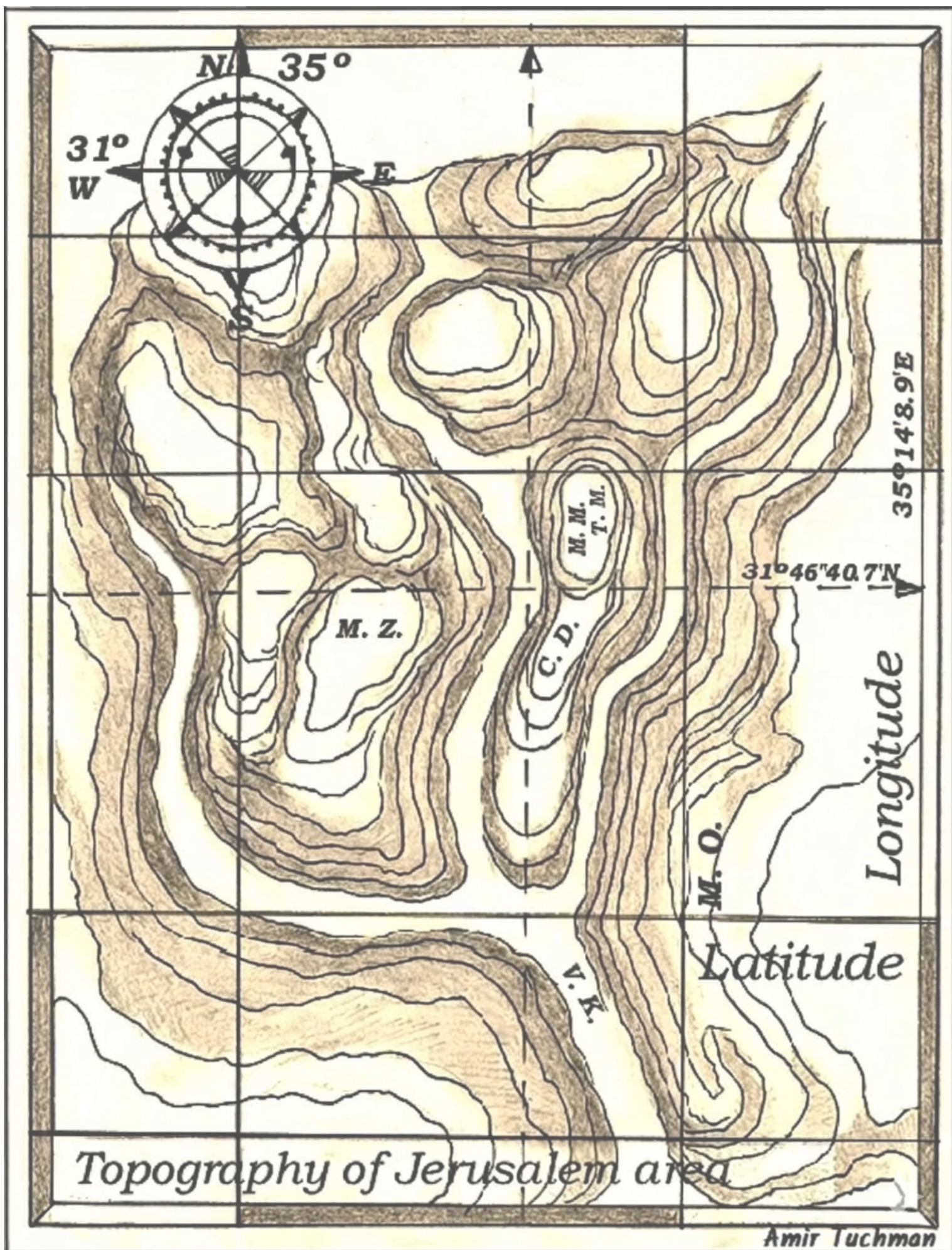




DELIVER ME, O LORD

120

A Song Of Ascents.

In my distress I called to the LORD,
and he answered me.

² Deliver me, O LORD,
from lying lips,
from a deceitful tongue.

³ What shall be given to you,
and what more shall be done to you,
you deceitful tongue?

⁴ A warrior's sharp arrows,
with glowing coals of the broom tree!

⁵ Woe to me, that I sojourn in Meshech,
that I dwell among the tents of Kedar!

⁶ Too long have I had my dwelling
among those who hate peace.

⁷ I am for peace,
but when I speak, they are for war!



LET'S GO!
THE SONGS OF ASCENT

MY HELP COMES FROM THE LORD

121

A Song Of Ascents.

I lift up my eyes to the hills.
From where does my help come?
² My help comes from the LORD,
who made heaven and earth.
³ He will not let your foot be moved;
he who keeps you will not slumber.
⁴ Behold, he who keeps Israel
will neither slumber nor sleep.
⁵ The LORD is your keeper;
the LORD is your shade on your right hand.
⁶ The sun shall not strike you by day,
nor the moon by night.
⁷ The LORD will keep you from all evil;
he will keep your life.
⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.



LET'S GO!
THE SONGS OF ASCENT

LET US GO TO THE HOUSE OF THE LORD

122

A Song Of Ascents.

I was glad when they said to me,
“Let us go to the house of the LORD!”

² Our feet have been standing
within your gates, O Jerusalem!

³ Jerusalem—built as a city
that is bound firmly together,

⁴ to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,
to give thanks to the name of the LORD.

⁵ There thrones for judgment were set,
the thrones of the house of David.

⁶ Pray for the peace of Jerusalem!
“May they be secure who love you!

⁷ Peace be within your walls
and security within your towers!”

⁸ For my brothers and companions’ sake
I will say, “Peace be within you!”

⁹ For the sake of the house of the LORD our God,
I will seek your good.



LET'S GO!
THE SONGS OF ASCENT

OUR EYES LOOK TO THE LORD OUR GOD

123

A Song Of Ascents.

To you I lift up my eyes,
O you who are enthroned in the heavens!

² Behold, as the eyes of servants
look to the hand of their master,
as the eyes of a maidservant
to the hand of her mistress,
so our eyes look to the LORD our God,
till he has mercy upon us.

³ Have mercy upon us, O LORD, have mercy upon us,
for we have had more than enough of contempt.

⁴ Our soul has had more than enough
of the scorn of those who are at ease,
of the contempt of the proud.



LET'S GO!

THE SONGS OF ASCENT

OUR HELP IS IN THE NAME OF THE LORD

124

A Song Of Ascents.

If it had not been the LORD who was on our side—
let Israel now say—

² if it had not been the LORD who was on our side
when people rose up against us,

³ then they would have swallowed us up alive,
when their anger was kindled against us;

⁴ then the flood would have swept us away,
the torrent would have gone over us;

⁵ then over us would have gone
the raging waters.

⁶ Blessed be the LORD,
who has not given us
as prey to their teeth!

⁷ We have escaped like a bird
from the snare of the fowlers;
the snare is broken,
and we have escaped!

⁸ Our help is in the name of the LORD,
who made heaven and earth.



LET'S GO!
THE SONGS OF ASCENT

THE LORD SURROUNDS HIS PEOPLE

125

A Song Of Ascents.

Those who trust in the LORD are like Mount Zion,
which cannot be moved, but abides forever.

² As the mountains surround Jerusalem,
so the LORD surrounds his people,
from this time forth and forevermore.

³ For the scepter of wickedness shall not rest
on the land allotted to the righteous,
lest the righteous stretch out
their hands to do wrong.

⁴ Do good, O LORD, to those who are good,
and to those who are upright in their hearts!

⁵ But those who turn aside to their crooked ways
the LORD will lead away with evildoers!
Peace be upon Israel!



LET'S GO!
THE SONGS OF ASCENT

RESTORE OUR FORTUNES, O LORD

126

A Song Of Ascents.

When the LORD restored the fortunes of Zion,
we were like those who dream.

² Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
“The LORD has done great things for them.”

³ The LORD has done great things for us;
we are glad.

⁴ Restore our fortunes, O LORD,
like streams in the Negeb!

⁵ Those who sow in tears
shall reap with shouts of joy!

⁶ He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.



LET'S GO!

THE SONGS OF ASCENT

UNLESS THE LORD BUILDS THE HOUSE

127

A Song Of Ascents. Of Solomon.

Unless the LORD builds the house,
those who build it labor in vain.

Unless the LORD watches over the city,
the watchman stays awake in vain.

² It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.

³ Behold, children are a heritage from the LORD,
the fruit of the womb a reward.

⁴ Like arrows in the hand of a warrior
are the children of one's youth.

⁵ Blessed is the man
who fills his quiver with them!
He shall not be put to shame
when he speaks with his enemies in the gate.



LET'S GO!

THE SONGS OF ASCENT

BLESSED IS EVERYONE WHO FEARS THE LORD

128

A Song Of Ascents.

Blessed is everyone who fears the LORD,
who walks in his ways!

² You shall eat the fruit of the labor of your hands;
you shall be blessed, and it shall be well with you.

³ Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.

⁴ Behold, thus shall the man be blessed
who fears the LORD.

⁵ The LORD bless you from Zion!
May you see the prosperity of Jerusalem
all the days of your life!

⁶ May you see your children's children!
Peace be upon Israel!



LET'S GO!
THE SONGS OF ASCENT

THEY HAVE AFFLICTED ME FROM MY YOUTH

129

A Song Of Ascents.

“Greatly have they afflicted me from my youth”—
let Israel now say—

² “Greatly have they afflicted me from my youth,
yet they have not prevailed against me.

³ The plowers plowed upon my back;
they made long their furrows.”

⁴ The LORD is righteous;
he has cut the cords of the wicked.

⁵ May all who hate Zion
be put to shame and turned backward!

⁶ Let them be like the grass on the housetops,
which withers before it grows up,

⁷ with which the reaper does not fill his hand
nor the binder of sheaves his arms,

⁸ nor do those who pass by say,
“The blessing of the LORD be upon you!
We bless you in the name of the LORD!”



LET'S GO!

THE SONGS OF ASCENT

MY SOUL WAITS FOR THE LORD

130

A Song Of Ascents.

Out of the depths I cry to you, O LORD!

² O Lord, hear my voice!

Let your ears be attentive
to the voice of my pleas for mercy!

³ If you, O LORD, should mark iniquities,
O Lord, who could stand?

⁴ But with you there is forgiveness,
that you may be feared.

⁵ I wait for the LORD, my soul waits,
and in his word I hope;

⁶ my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

⁷ O Israel, hope in the LORD!

For with the LORD there is steadfast love,
and with him is plentiful redemption.

⁸ And he will redeem Israel
from all his iniquities.



LET'S GO!

THE SONGS OF ASCENT

I HAVE CALMED AND QUIETED MY SOUL

131

A Song Of Ascents. Of David.

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.



LET'S GO!
THE SONGS OF ASCENT

THE LORD HAS CHOSEN ZION

132

A Song Of Ascents.

Remember, O LORD, in David's favor,
all the hardships he endured,
² how he swore to the LORD
and vowed to the Mighty One of Jacob,
³ "I will not enter my house
or get into my bed,
⁴ I will not give sleep to my eyes
or slumber to my eyelids,
⁵ until I find a place for the LORD,
a dwelling place for the Mighty One of Jacob."
⁶ Behold, we heard of it in Ephrathah;
we found it in the fields of Jaar.
⁷ "Let us go to his dwelling place;
let us worship at his footstool!"
⁸ Arise, O LORD, and go to your resting place,
you and the ark of your might.
⁹ Let your priests be clothed with righteousness,
and let your saints shout for joy.
¹⁰ For the sake of your servant David,
do not turn away the face of your anointed one.



LET'S GO!
THE SONGS OF ASCENT

Psalm 132 Continued...

¹¹ The LORD swore to David a sure oath
from which he will not turn back:

“One of the sons of your body
I will set on your throne.

¹² If your sons keep my covenant
and my testimonies that I shall teach them,
their sons also forever
shall sit on your throne.”

¹³ For the LORD has chosen Zion;
he has desired it for his dwelling place:

¹⁴ “This is my resting place forever;
here I will dwell, for I have desired it.

¹⁵ I will abundantly bless her provisions;
I will satisfy her poor with bread.

¹⁶ Her priests I will clothe with salvation,
and her saints will shout for joy.

¹⁷ There I will make a horn to sprout for David;
I have prepared a lamp for my anointed.

¹⁸ His enemies I will clothe with shame,
but on him his crown will shine.”



LET'S GO!
THE SONGS OF ASCENT

WHEN BROTHERS DWELL IN UNITY

133

A Song Of Ascents. Of David.

Behold, how good and pleasant it is
when brothers dwell in unity!

² It is like the precious oil on the head,
running down on the beard,
on the beard of Aaron,
running down on the collar of his robes!

³ It is like the dew of Hermon,
which falls on the mountains of Zion!
For there the LORD has commanded the blessing,
life forevermore.



LET'S GO!

THE SONGS OF ASCENT

COME, BLESS THE LORD

134

A Song Of Ascents.

Come, bless the LORD, all you servants of the LORD,
who stand by night in the house of the LORD!

² Lift up your hands to the holy place
and bless the LORD!

³ May the LORD bless you from Zion,
he who made heaven and earth!



LET'S GO!
THE SONGS OF ASCENT



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