

# PSALMS OF ASCENT

WEEK 1

## DAY 1: READ PSALM 121:1-2

It's easy to be afraid and overwhelmed by the things around us or worn down from our inner turmoil. When we don't recognize any sign of coming relief, help or hope, we too can find ourselves asking, "Is there any hope at all?" Let's remember that the God who created us also created the world, sustains it and cares deeply for us. He does not abandon us. When you find yourself anxious about something this week, choose to remember unfailing God's authority and the many ways He's provided for you in the past.

## DAY 2: READ PSALM 121:3-4

This psalm was written so long ago, yet God still continues to provide and intervene for His people. When we look back throughout history, we can see undeniable testaments to God's unfailing faithfulness to His people. In the same way, our Heavenly Father loves you and will sustain you through everything. Do not grow weary, brothers and sisters. Lean into God's unfailing character. Trust Him and His intentions for His people. He does not grow tired or go back on His promises. Thank God for keeping watch over you, even while you sleep. Choose to trust God this week, even when you're tired, anxious, carefree or burdened.

## DAY 3: READ PSALM 121:5

Covered in the blood of Christ, we are actively engaged in a spiritual battle against the forces of evil (Eph. 6:12). Because of Jesus, we have the great assurance of God's protection, power and authority. Provision to endure all things, power to triumph all opposition and protection against the spiritual forces of darkness.

*DAY 3 CONTINUED ON NEXT PAGE...*

Remember the spiritual battle you are in. Trust and move forward with the power, authority, protection and provision of God in Christ. Unprepared for battle? Read Ephesians 6:10-20.

#### **DAY 4: READ PSALM 121:6**

It's easy to get tired in the hot summer sun or be terrified by the unknown things creeping around in the dead of night, but the promise of God in Jesus Christ is all we need. Whether our tired bodies fail in the daylight or we are attacked in the moonlight, our true hope and assurance of life is in Jesus. Rest in the hope of Jesus today. No matter what you're facing today, remind yourself of the unshakeable love and cleansing blood of Jesus.

#### **DAY 5: READ PSALM 121:7**

When we give up our lives to follow Jesus, we leave the old, sinful things of our past behind to die because true life, true joy and true righteousness is found only in Jesus. The path of obedience is one of submission to Jesus, yielding everything we are, have and hold for His greater glory and purposes. The more we strive to submit to Jesus, the less we can cling to the unrighteous, sinful distractions of our old lives. What's holding you back from looking more like Jesus? How can you give it up?

#### **DAY 6: READ PSALM 121:8**

In every circumstance, at any age, in any place, God's promise in Jesus remains true for you. Nothing can shake the promises of God. Be encouraged! Who needs to hear about the hope of God's promise for their lives in Christ? Find a way to share it with them today!