

Psalms moving to high ground

Songs the Jewish people sang on the way up to Jerusalem

1. Psalm 120

Psalm 120:6-7 Too long have I lived among those who hate peace.
I am for peace; but when I speak, they are for war.

2. Psalm 121

Psalm 121:1-4 I look up to the mountains; does my strength come from mountains?
No, my strength comes from God, who made heaven, and earth, and mountains.
He won't let you stumble, your Guardian God won't fall asleep.
Not on your life! Israel's Guardian will never doze or sleep.

3. Psalm 122

Psalm 122:1-2 When they said, "Let's go to the house of God," my heart leaped for joy.
And now we're here, O Jerusalem, inside Jerusalem's walls!

4. Psalm 123

Psalm 123:1-2 I look to you, heaven-dwelling God, look up to you for help.
Like servants, alert to their master's commands, like a maiden attending her lady,
We're watching and waiting, holding our breath, awaiting your word of mercy.

5. Psalm 124

Psalm 124:8 God's strong name is our help, the same God who made heaven and earth.

6. Psalm 125

Psalm 125:1-2 Those who trust in God are like Zion Mountain:
Nothing can move it, a rock-solid mountain you can always depend on.
Mountains encircle Jerusalem, and God encircles his people—
always has and always will.

7. Psalm 126

Psalm 126:1-3 It seemed like a dream, too good to be true, when God returned Zion's exiles.
We laughed, we sang, we couldn't believe our good fortune.
We were the talk of the nations - "God was wonderful to them!"
God was wonderful to us; we are one happy people.

8. Psalm 127

Psalm 127:1-2 If God doesn't build the house, the builders only build shacks.
If God doesn't guard the city, the night watchman might as well nap.
It's useless to rise early and go to bed late, and work your worried fingers to the
bone. Don't you know he enjoys giving rest to those he loves?

Psalms ... songs of the heart set free



9. Psalm 128

Psalm 128:5-6 Enjoy the good life in Jerusalem every day of your life.
And enjoy your grandchildren. Peace to Israel.

10. Psalm 129

Psalm 129:1-4 They've kicked me around ever since I was young —this is how Israel tells it—
“They've kicked me around ever since I was young, but they never could keep
me down.
Their plowmen plowed long furrows up and down my back;
Then God ripped the harnesses of the evil plowmen to shreds.”

11. Psalm 130

Psalm 130:3-6 If you, God, kept records on wrongdoings, who would stand a chance?
As it turns out, forgiveness is your habit, and that's why you're worshiped.
I pray to God—my life a prayer— and wait for what he'll say and do.
My life's on the line before God, my Lord,
waiting and watching till morning, waiting and watching till morning.

12. Psalm 131

Psalm 131:1-2 God, I'm not trying to rule the roost, I don't want to be king of the mountain.
I haven't meddled where I have no business or fantasized grandiose plans.
I've kept my feet on the ground, I've cultivated a quiet heart.
Like a baby content in its mother's arms, my soul is a baby content

13. Psalm 132

Psalm 132:1-5 O God, remember David, remember all his troubles!
And remember how he promised God, made a vow to the Strong God of Jacob,
“I'm not going home, and I'm not going to bed,
I'm not going to sleep, not even take time to rest,
Until I find a home for God, a house for the Strong God of Jacob.

14. Psalm 133

Psalm 133:1-3 How wonderful, how beautiful, when brothers and sisters get along!
It's like costly anointing oil flowing down head and beard,
Flowing down Aaron's beard, flowing down the collar of his priestly robes.
It's like the dew on Mount Hermon flowing down the slopes of Zion.
Yes, that's where God commands the blessing, ordains eternal life.

15. Psalm 134

Psalm 134:1-3 Come, bless God, all you servants of God!
You priests of God, posted to the night watch in God's shrine,
Lift your praising hands to the Holy Place, and bless God.
In turn, may God of Zion bless you— God who made heaven and earth!

