

**'Hallelujah' Sermon Series**

*The true foundation of praise & worship from the book of Psalm*

# Songs of Ascents



Mount Zion Church  
Sunday Service  
24 October 2021

# 150 chapters of Psalm

- 146—150: Hallelujah Psalms  
(5 chapters)
- 120—134: Songs of Ascents  
(15 chapters)



Are you  
a tourist or  
a pilgrim?

The Songs of Ascent are a special group of psalms comprising Psalms 120—134. They are also called **Pilgrim Songs**. Four of these songs are attributed to King David (122, 124, 131, 133) and one to Solomon (127), while the remaining ten are anonymous.

**Pilgrimage Songs**; called also “**Songs of Zion**” or “**Songs of Degrees**”, these were sung by pilgrims during their journey to Jerusalem for the annual feasts of Passover, Pentecost (Weeks), and Tabernacles.

Most believe the phrase “Songs of Degrees” refers to those psalms the Jews would sing together as they “went up” to Jerusalem as pilgrims to the sacred feasts.

**Are you a tourist or a pilgrim?**

**What is the goal of your life?**

**What are you trying to build in your life?**

## **LET'S WALK OUR LIFE WITH A DIVINE PURPOSE!**

Each of the psalms in this collection begins with the title “A Song of Ascents.” While perhaps they were not originally composed for this purpose, these psalms were later grouped together for use in traveling toward Jerusalem for the yearly Jewish festivals.

The theme of each Song of Ascent offers much encouragement for those who seek to worship God today:

Psalm 120: God's presence during distress

Psalm 121: Joyful praise to the Lord

Psalm 122: Prayer for Jerusalem

Psalm 123: Patience for God's mercy

Psalm 124: Help comes from the Lord

Psalm 125: Prayer for God's blessing upon His people

Psalm 126: The Lord has done great things

Psalm 127: God's blessing on man's efforts

Psalm 128: Joy for those who follow God's ways

Psalm 129: A cry for help to the Lord

Psalm 130: A prayer of repentance

Psalm 131: Surrender as a child to the Lord

Psalm 132: God's sovereign plan for His people

Psalm 133: Praise of brotherly fellowship and unity

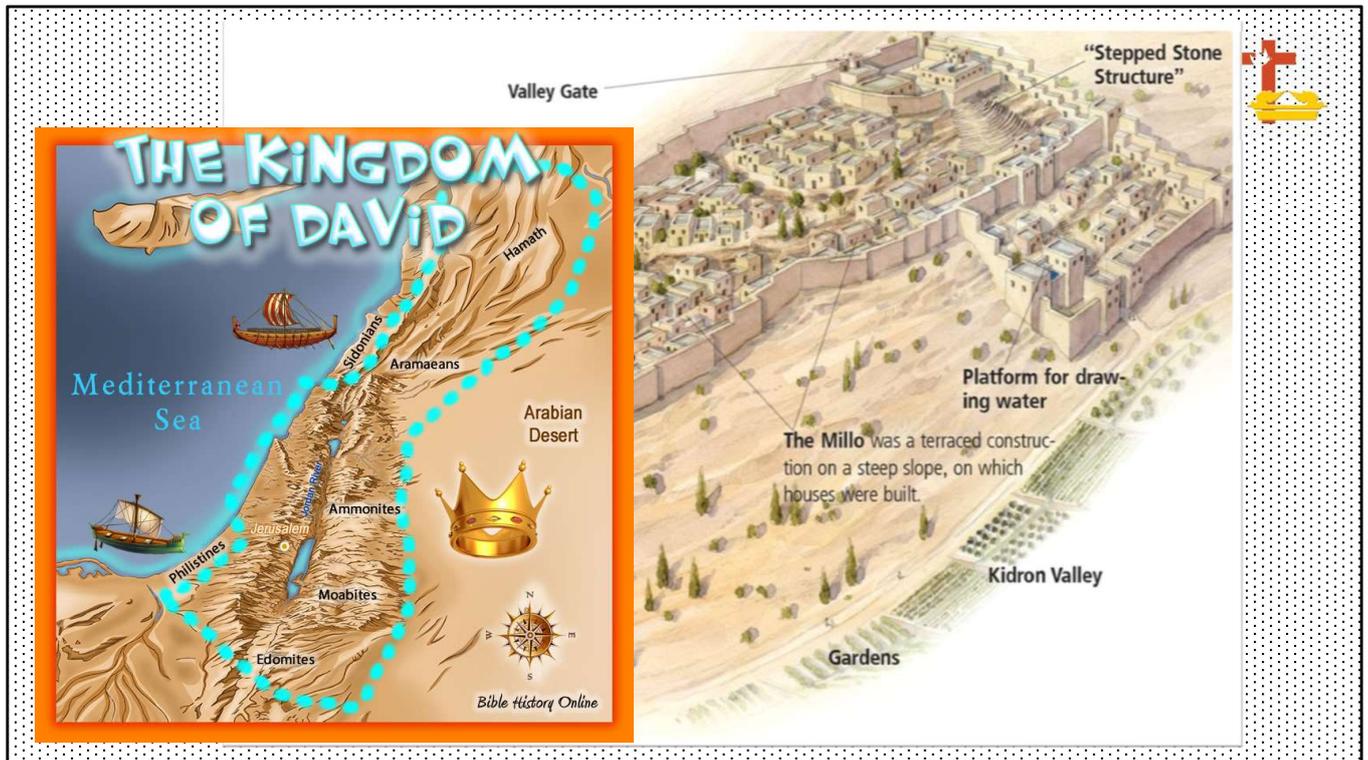
Psalm 134: Praise to God in His temple

The Songs of Ascent continue to find a place among the many hymns and songs of worship of Jews and Christians today. They serve as powerful examples of how we can express our worship and love for God through the power of

song.

*References:*

1. *KJV Life in the Spirit Study Bible (formerly titled The Full Life Study Bible – King James Version) © 1992, 2003 by Life Publishers International*
2. <https://www.gotquestions.org/Songs-of-Ascent.html>



[https://www.reddit.com/r/papertowns/comments/gmnxyo/jerusalem\\_around\\_1000bc\\_israel/](https://www.reddit.com/r/papertowns/comments/gmnxyo/jerusalem_around_1000bc_israel/)

The city of Jerusalem is situated on a high hill. Jews traveling to Jerusalem for one of the three main annual Jewish festivals traditionally sang these songs on the “ascent” or the uphill road to the city. According to some traditions, the Jewish priests also sang some of these Songs of Ascent as they walked up the steps to the temple in Jerusalem.

Since, then, you have been  
raised with Christ,



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## *Set Your Hearts On Things Above*

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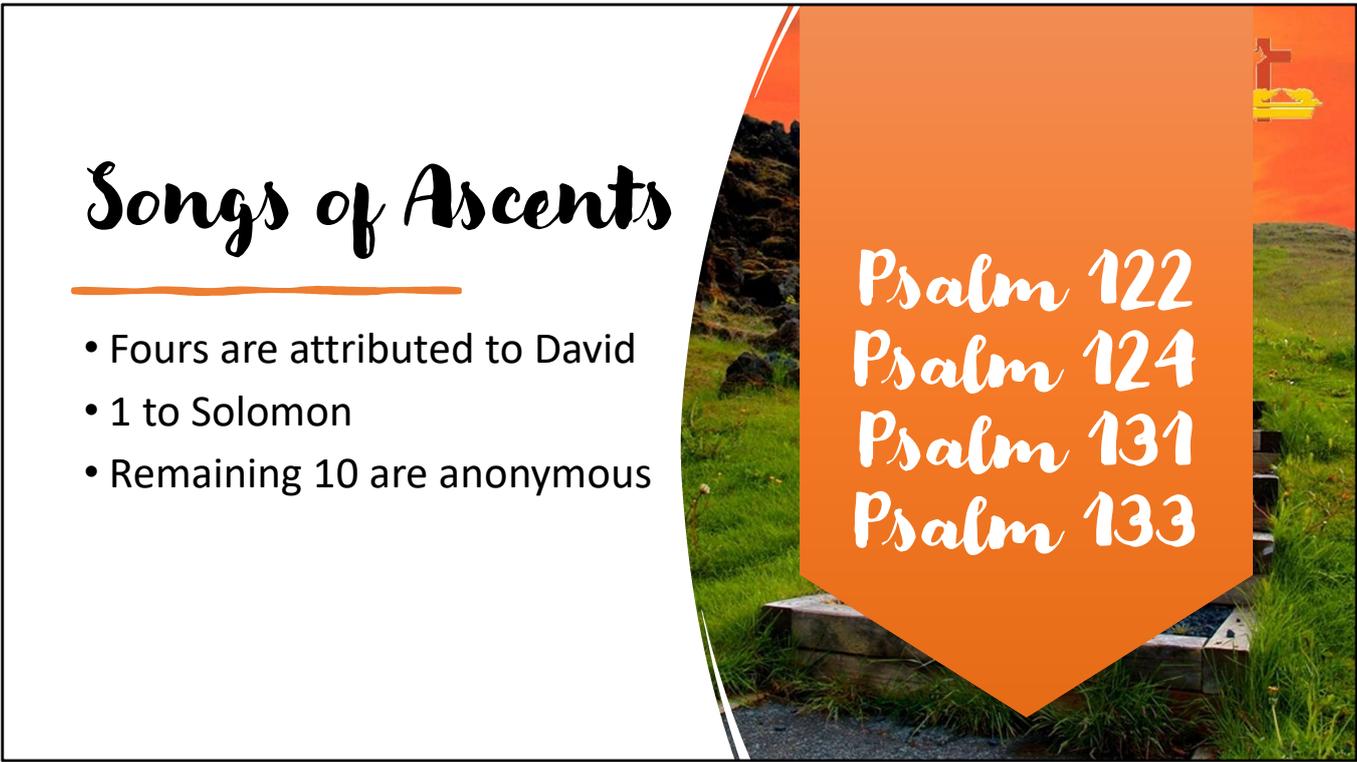
where Christ is, seated at  
the right hand of God.

**Colossians 3:1**

# Songs of Ascents

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- Four are attributed to David
- 1 to Solomon
- Remaining 10 are anonymous



Psalm 122  
Psalm 124  
Psalm 131  
Psalm 133

4 chapters / 4 attitudes / 4 things to remember about the songs of ascents

# Psalm 122

*A Song of Ascents. Of David.*

<sup>1</sup> **I was glad** when they said to me, “**Let us go into the house of the Lord.**”

<sup>2</sup> Our feet have been standing within your gates, O Jerusalem!



Joy

Chief joy

Above my chief joy

## The Joy of Going to the House of the Lord

NIV: I rejoiced *with those who said to me*, “Let us go to the house of the Lord.”

**Psalm 150:1** Praise God in His sanctuary.

## Psalm 137

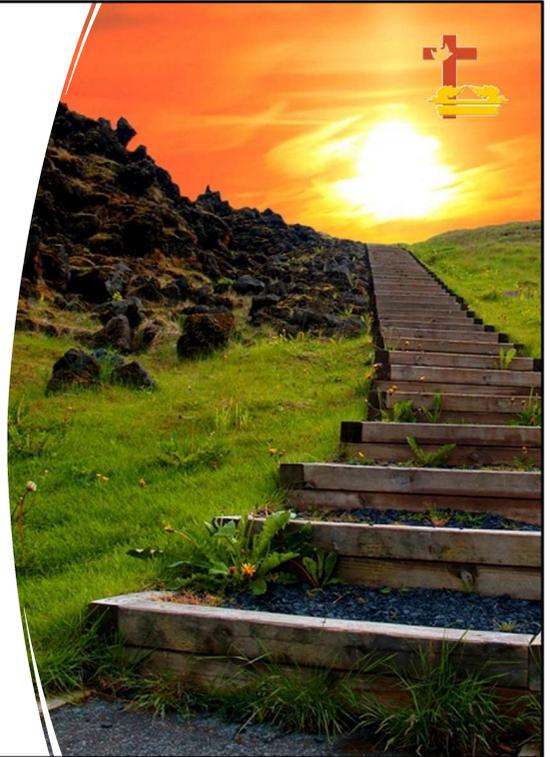
<sup>5</sup> If I forget you, O Jerusalem, Let my right hand forget *its skill!*

<sup>6</sup> If I do not remember you, Let my tongue cling to the roof of my mouth—If I do not exalt Jerusalem **above my chief joy.**

# Psalm 122

<sup>3</sup> Jerusalem is built as a city that is compact together,

**NET (New English Translation):**  
Jerusalem is a city designed to accommodate an assembly.

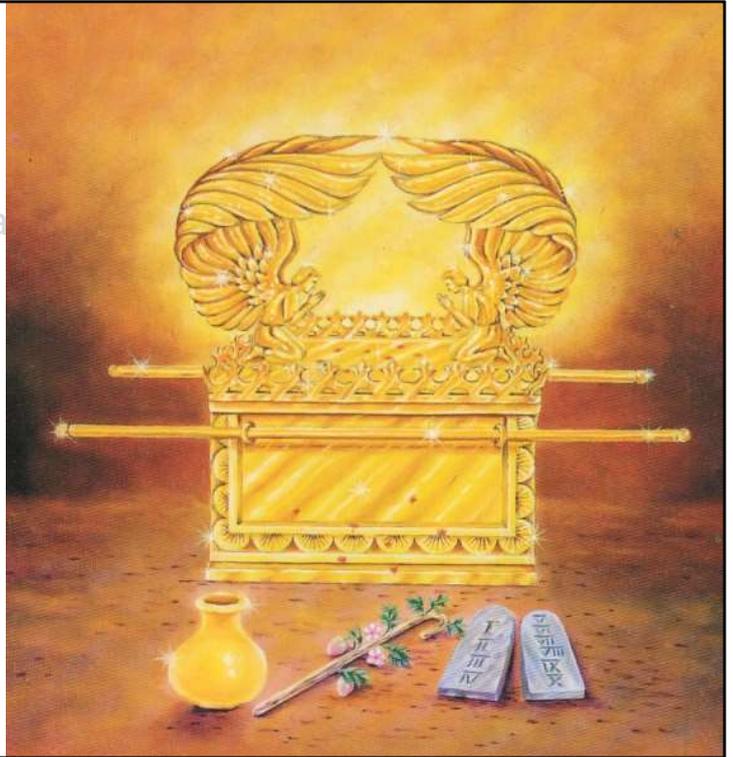


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# Psalm 122

<sup>3</sup> Jerusalem is built as a city that  
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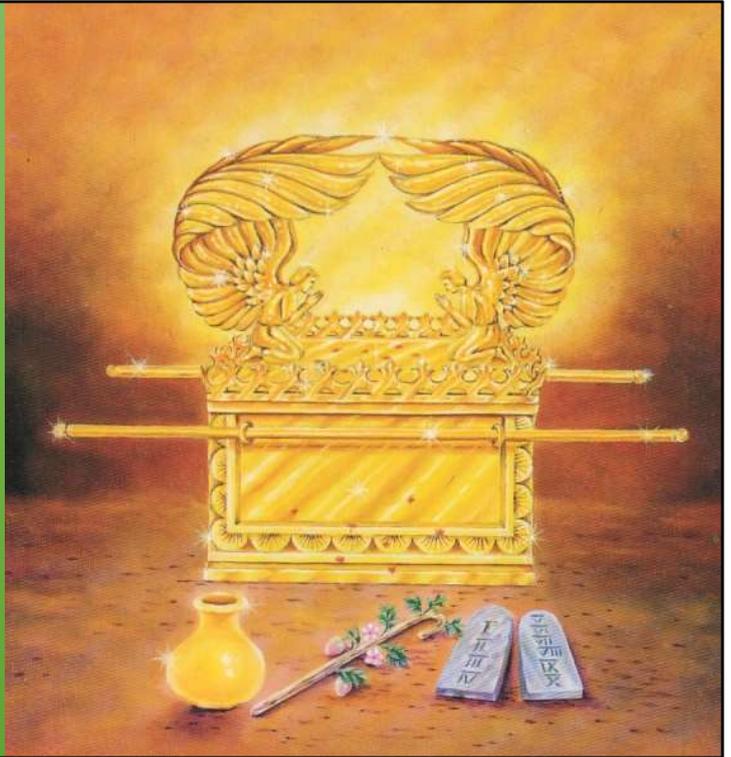
<sup>4</sup> Where the tribes **go up**,  
the tribes of the Lord,  
**to the Testimony of Israel,**  
**to give thanks** to the name  
of the Lord.



1. Go up to the Testimony of Israel
2. Go up to give thanks
3. Go up and ready to be judged

## EXODUS 25

<sup>21</sup> You shall put the mercy seat on top of the ark, and in the ark you shall put **the Testimony** that I will give you. <sup>22</sup> And there I will meet with you, and I will speak with you from above the mercy seat, from between the two cherubim which *are* on **the ark of the Testimony**, about everything which I will give you in commandment to the children of Israel.



1. Go up to the Testimony of Israel
2. Go up to give thanks
3. Go up and ready to be judged

# Psalm 122

<sup>3</sup> Jerusalem is built as a city that is compact together,

<sup>4</sup> Where the tribes **go up**, the tribes of the Lord, **to the Testimony of Israel, to give thanks** to the name of the Lord.

<sup>5</sup> For thrones are set there **for judgment**, the thrones of the house of David.

## GO UP!

- To the Testimony
- To give thanks
- To be ready for judgement



# Ready for Judgement

## 2CORINTHIANS 5

<sup>10</sup> For we must all appear before **the judgment seat of Christ**, that each one may receive the things done in the body, according to what he has done, whether good or bad.



# Ready for Judgement

## ACTS 24

<sup>24</sup> And after some days, when Felix came with his wife Drusilla, who was Jewish, he sent for Paul and heard him concerning **the faith in Christ.**

<sup>25</sup> Now as he reasoned about **righteousness, self-control, and the judgment to come,** Felix was afraid and answered, "Go away for now; when I have a convenient time I will call for you."



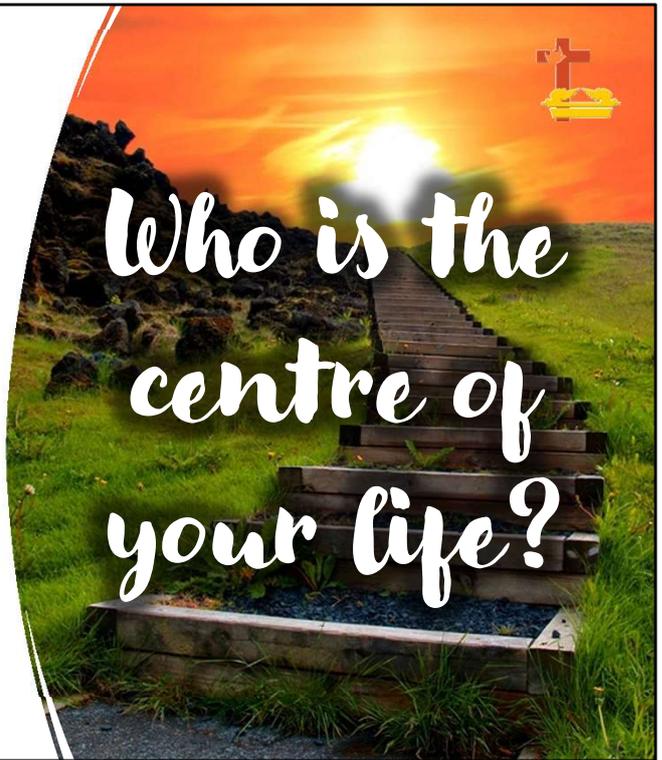
## Psalm 122

<sup>6</sup> Pray for the **peace** of Jerusalem:  
“May they **prosper who love you**.”

<sup>7</sup> **Peace** be within your walls,  
**Prosperity** within your palaces.”

<sup>8</sup> For the sake of my brethren and  
companions, I will now say,  
“**Peace be within you.**”

<sup>9</sup> Because of the house of  
the LORD our God **I will seek your  
good.**



**NIV** <sup>6</sup> Pray for **the peace** of Jerusalem:

“May those **who love you** be secure.

<sup>7</sup> May there be **peace** within your walls  
and **security** within your citadels.”

<sup>8</sup> For the sake of my family and friends,  
I will say, “**Peace be within you.**”

<sup>9</sup> For the sake of the house of the LORD our God,  
**I will seek your prosperity.**

Since, then, you have been  
raised with Christ,

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## *Set Your Hearts On Things Above*

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where Christ is, seated at  
the right hand of God.

**Colossians 3:1**





**GOD BLESS YOU!**

*HAVE A BLESSED WEEK WITH JESUS*

See You Next Sunday!



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