

Course Overview: The Psalms of Ascents

February 26 – March 29, 2023

Course Objectives: We will study and discuss the 15 Psalms of Ascents, which were likely sung as the Jews traveled to worship in Jerusalem together. Our objectives in this study are as follows:

- Strengthen our understanding of God’s word to enhance our faith.
- Gain encouragement, wisdom and perspective in our journey through the challenges that we face in life.

Schedule:

Date / Day:	Psalm (Theme):
February 26 (Sunday)	Psalm 120 (Peace) / Psalm 121 (Providence)
March 1 (Wednesday)	Psalm 122 (Worship) / Psalm 123 (Mercy)
March 5 (Sunday)	Psalm 124 (Help) / Psalm 125 (Strength)
March 8 (Wednesday)	Psalm 126 (Joy) / Psalm 127 (Priorities)
March 12 (Sunday)	Psalm 128 (Blessing) / Psalm 129 (Perseverance)
March 15 (Wednesday)	Psalm 130 (Hope) / Psalm 131 (Humility)
March 19 (Sunday)	Psalm 132: Part 1 (Obedience)
March 22 (Wednesday)	Psalm 132: Part 2 / Psalm 133 (Unity)
March 26 (Sunday)	Psalm 134 (Praise) / Review
March 29 (Wednesday)	Song Service

Notes:

- Our discussions will focus on the hope and encouragement conveyed in each psalm.
- We will think in terms of what these psalms would have meant to the Jews as they sang together while traveling to worship in Jerusalem, and how we can apply these messages to our faith.