



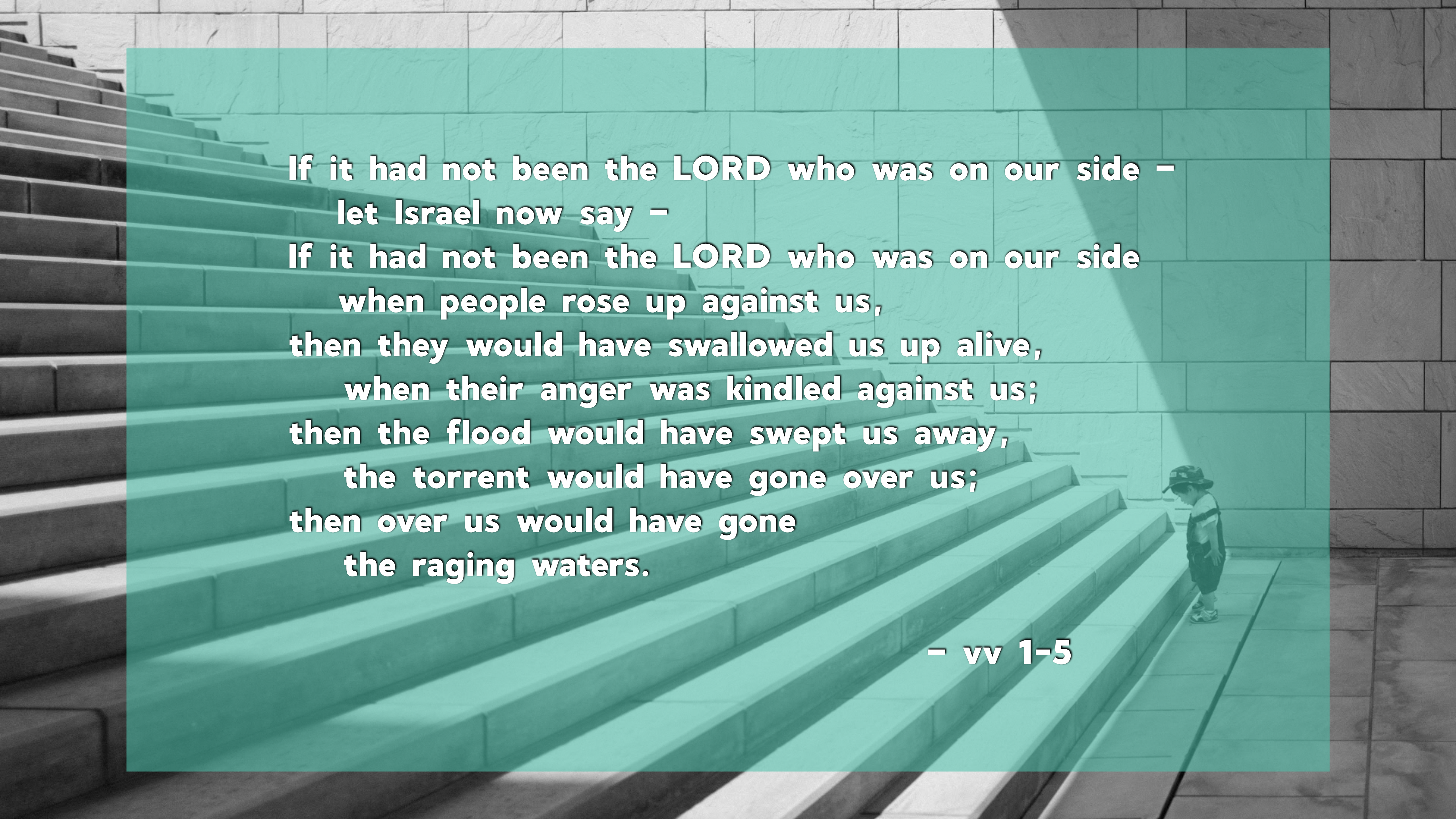
# SONGS of ASCENT

A study through Psalms 120-134

A photograph of a child standing on a wide set of stone steps that lead up to a large stone wall. The child is wearing a cap and overalls. The scene is partially covered by a semi-transparent teal overlay. The text is centered on the steps.

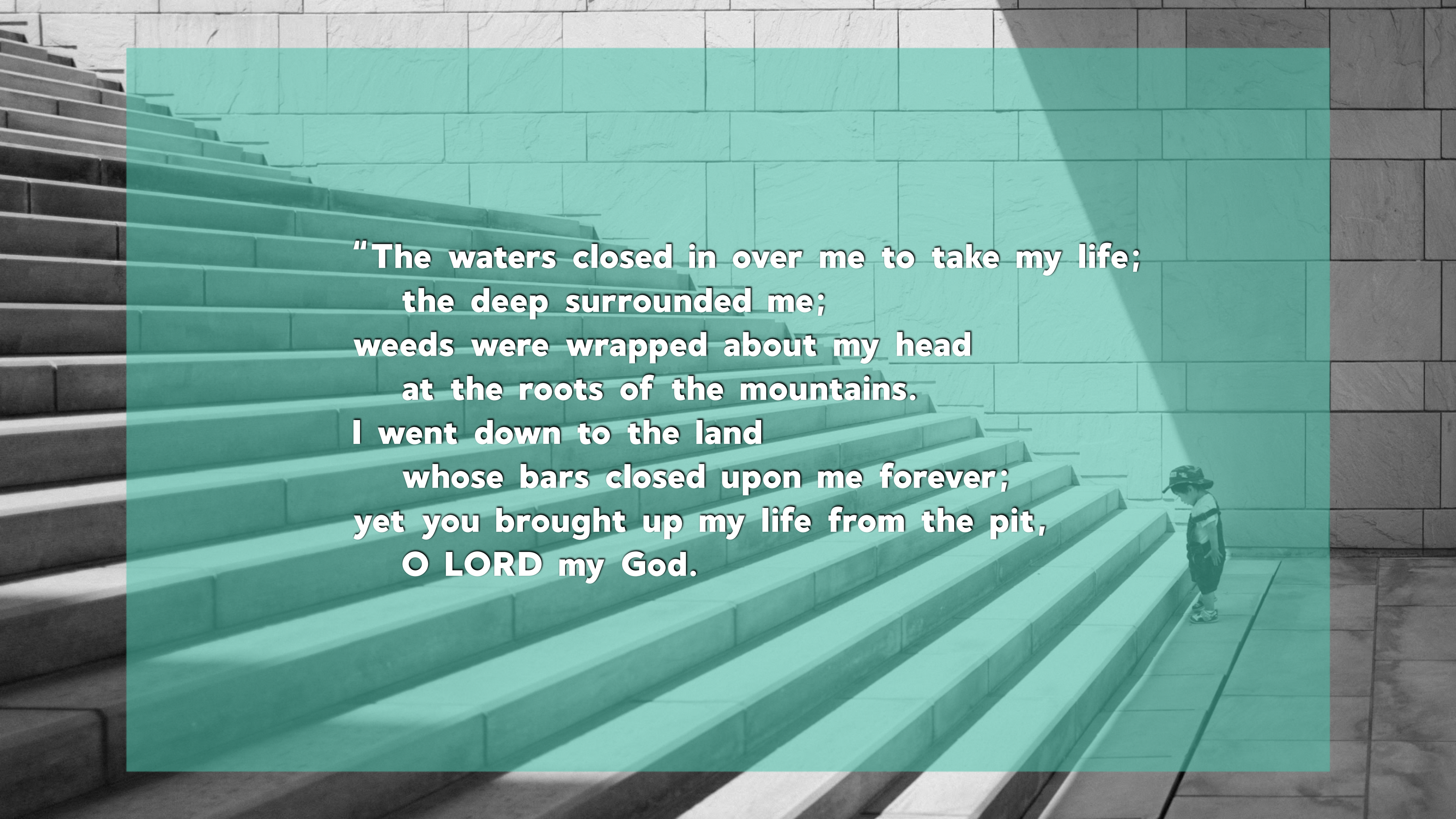
# OUR HELP IS IN THE NAME OF THE LORD

– Psalm 124 –

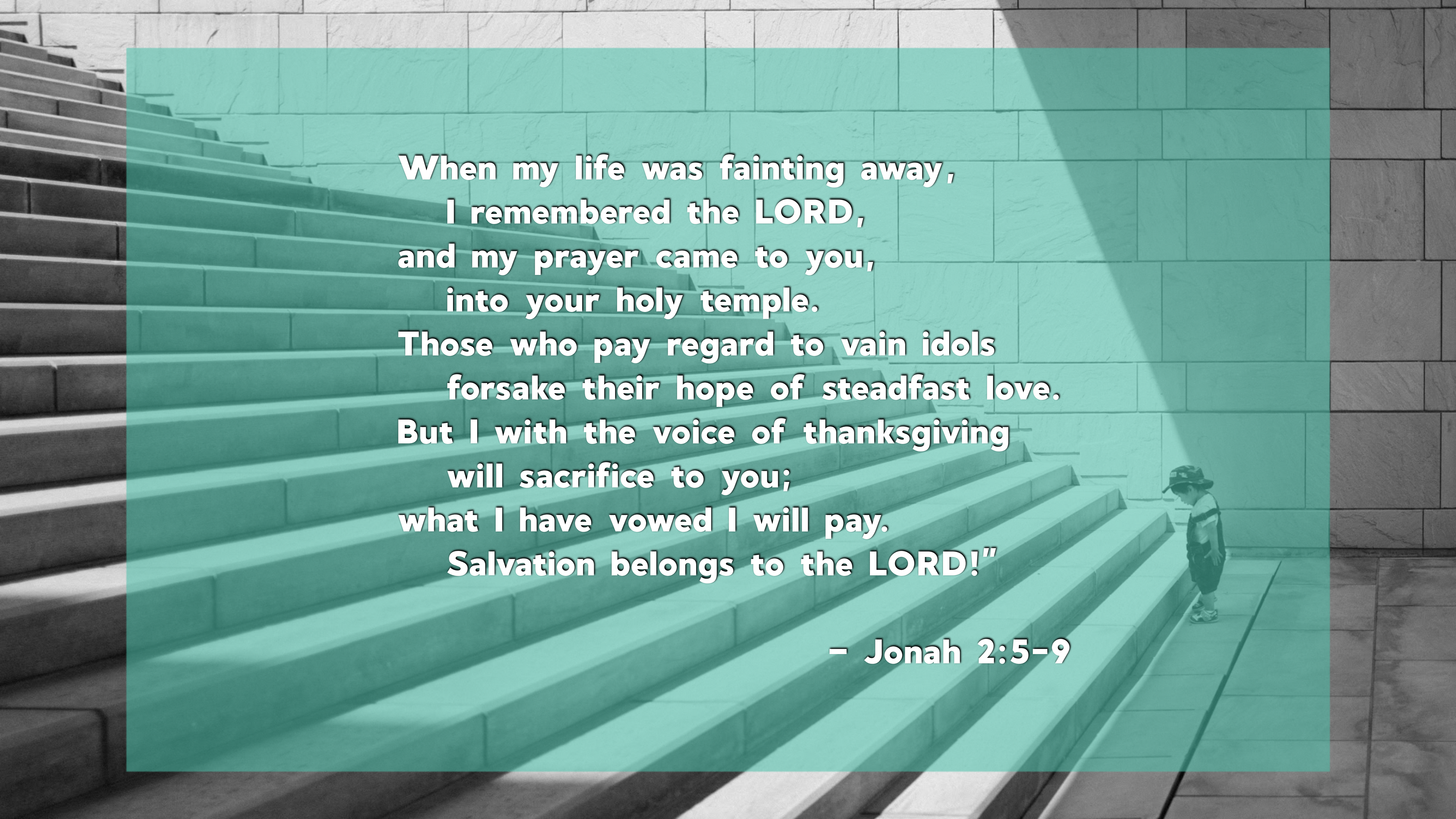
A photograph of a child standing on a wide set of stone steps in front of a stone wall. The image is overlaid with a semi-transparent teal rectangle that contains white text. The child is wearing a cap and overalls, looking down at the steps. The wall is made of large, rectangular stone blocks.

**If it had not been the LORD who was on our side –  
let Israel now say –  
If it had not been the LORD who was on our side  
when people rose up against us,  
then they would have swallowed us up alive,  
when their anger was kindled against us;  
then the flood would have swept us away,  
the torrent would have gone over us;  
then over us would have gone  
the raging waters.**

**– vv 1–5**

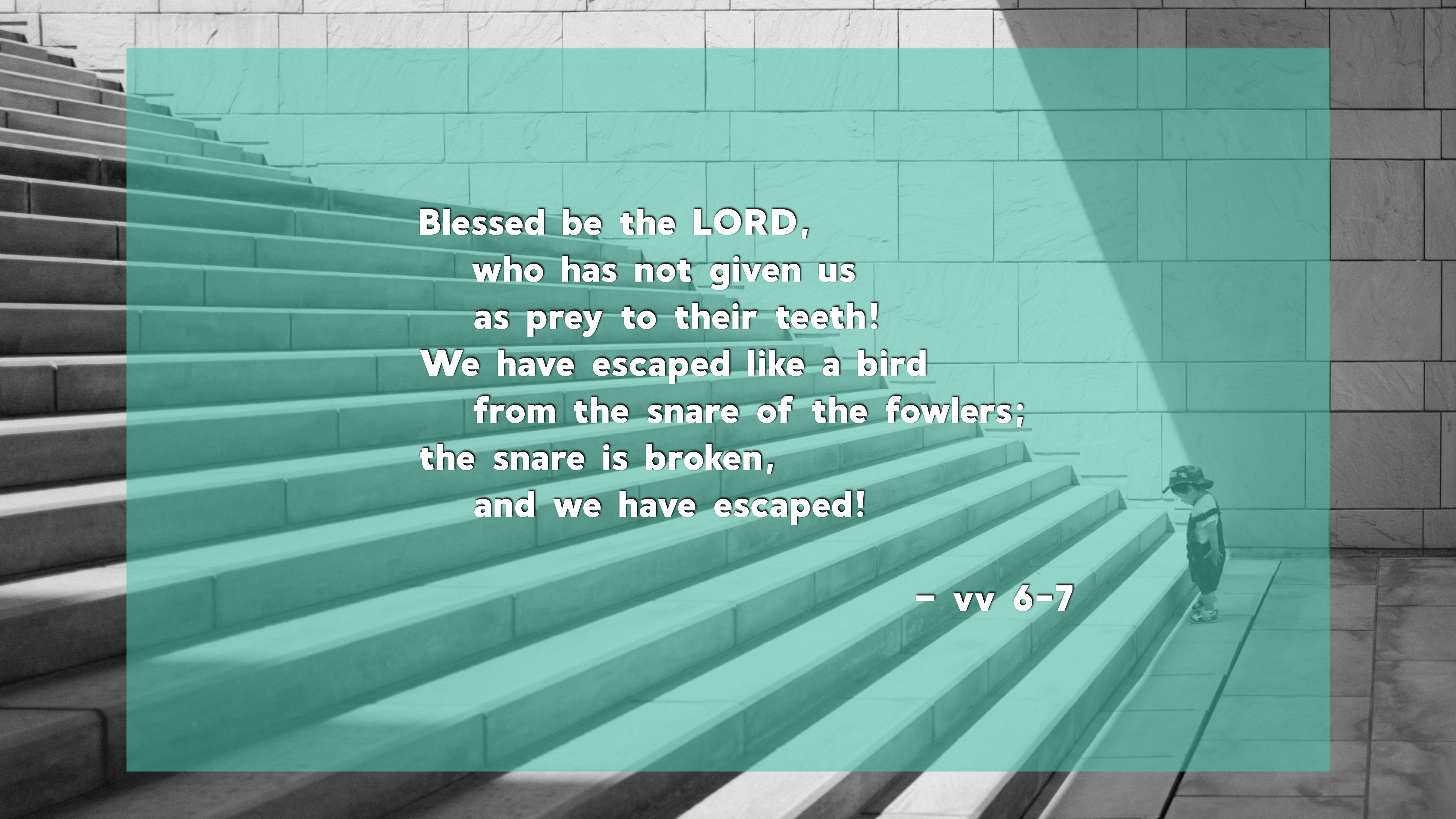
A photograph of a person standing on a wide set of stone steps that lead up to a large, light-colored stone wall. The person is wearing a cap and overalls, looking down at the steps. The entire image is overlaid with a semi-transparent teal filter. The text is centered in the upper half of the image.

**"The waters closed in over me to take my life;  
the deep surrounded me;  
weeds were wrapped about my head  
at the roots of the mountains.  
I went down to the land  
whose bars closed upon me forever;  
yet you brought up my life from the pit,  
O LORD my God.**

A photograph of a child standing on a wide set of stone steps that lead up to a stone wall. The child is wearing a cap and overalls. The scene is partially covered by a semi-transparent teal overlay that contains white text. The text is a biblical passage from the book of Jonah.

**When my life was fainting away,  
I remembered the LORD,  
and my prayer came to you,  
into your holy temple.  
Those who pay regard to vain idols  
forsake their hope of steadfast love.  
But I with the voice of thanksgiving  
will sacrifice to you;  
what I have vowed I will pay.  
Salvation belongs to the LORD!"**

**– Jonah 2:5–9**

A photograph of a child standing on a wide set of stone steps. The child is wearing a cap and overalls, looking down. The background is a wall made of large stone blocks. A semi-transparent teal rectangle is overlaid on the image, containing white text.

**Blessed be the LORD,  
who has not given us  
as prey to their teeth!  
We have escaped like a bird  
from the snare of the fowlers;  
the snare is broken,  
and we have escaped!**

**– vv 6-7**

A photograph of a child standing on a wide set of stone steps in front of a stone wall. The image is overlaid with a semi-transparent teal filter. The child is wearing a cap and overalls, looking down at the steps. The steps lead up to a wall made of large, rectangular stone blocks. The lighting creates strong shadows on the steps.

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

**— vs 8**



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