

## A Song of Ascents

### Description

[RG AUDIO 042614](#)

Psalm 121:1-8

Psalm 121 is the second of 15 pilgrim psalms. These were sung by worshippers on their way to Jerusalem for the great annual festivals. These pilgrimages were arduous, dangerous, and expensive. For worshippers coming from a distance it could literally be the journey of a lifetime. To see the great Temple, to present an offering, to worship in the Temple courts, and hear the God's precious Word proclaimed, sung, and taught was the pinnacle of Jewish life and worship.

During the journey pilgrims prepared their hearts for worship by singing these psalms. When the way was tiring, when danger seemed near, when the sun beat down, still they sang. God was like cool shade nearby in the noontime heat.

They were going to worship God at the Temple, but God was not contained within its walls. God was everywhere, and He was with them on the journey. The heavenly Father watched over them along the way.

God is with us when we gather for worship, but He is no less with us in the journey of life.

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