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### Read Psalm 130

Which of the stanzas\* is your favourite? (\*v 1-2, v 3-4, v 5-6 or v 7-8)  
Which verse in this psalm is for you today?

### CHALLENGE

This psalm is sometimes described as a testimony. Can you share a testimony about a time when you trusted in God?

8

### Read Psalm 131

What verse in this psalm do you like most?  
What part do you find most challenging?

### CHALLENGE

Invent your own metaphor to describe how you 'quiet your soul'.

This resource goes well with the *Mountains* edition of the *Faith at home* mini-mag from GodVenture, which comes with postcards, stickers and a game of Psalm bingo!

You can get individual copies for £4 or get a pack of 10 to share at:

[www.GodVenture.co.uk](http://www.GodVenture.co.uk)

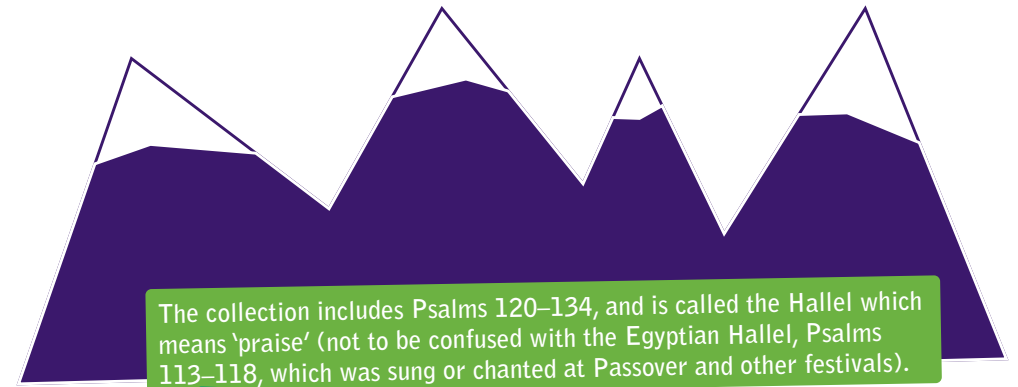


# Explore Ascent Psalms in the Bible

## An intergenerational resource

Psalm 121 is part of a collection of psalms called 'songs of ascent'.

They are believed to have been sung as by God's people on pilgrimage journeys to Jerusalem.



The collection includes Psalms 120-134, and is called the Hallel which means 'praise' (not to be confused with the Egyptian Hallel, Psalms 113-118, which was sung or chanted at Passover and other festivals).

It's also possible these psalms were used in the temple worship as part of the liturgy.

There are 15 short psalms in the Hallel. This sheet explores eight of them.

The questions are designed to be used by adults and children, on their own, or together with a family or small group.

This resource works well alongside the creative activities in the *Mountains* edition of *Faith at home*



1

### Read Psalm 120

What part of this psalm do you like most?  
Why might this psalm have been sung on pilgrimage?

#### CHALLENGE

Work out how long it would have taken people living by lake Galilee to walk to Jerusalem for festivals. (Tip: use googlemaps!)

4

### Read Psalm 126

Which words or phrases in this psalm do you like most?  
Which part of this psalm might be for you today?

#### CHALLENGE

Can you think of someone with whom you could share a verse from this psalm? How might you do that?

2

### Read Psalm 122

What part of this psalm jumps out at you?  
What part might you use in a prayer?

#### CHALLENGE

Adapt the words of one verse to use in a prayer together.

5

### Read Psalm 127

What part of this psalm jumps out for you?  
What message might there be for you in this psalm?

#### CHALLENGE

What could you make to remind yourself of your favourite line in this psalm?

3

### Read Psalm 123

What part of this psalm sticks out for you?  
When might this psalm be useful to read or remember?

#### CHALLENGE

Put one verse into your own words.

6

### Read Psalm 128

Which sentence in this psalm do you like most?  
How might this psalm to be addressed to women and children?

#### CHALLENGE

Use this psalm to inspire you to write your own words of blessing for someone.