

"Soul Food" from the Psalms (120-123)

Sunday Evening, July 26, 2026 – WOCC – Rich Howell

EVENING DEVOTION: Psalms for Pilgrims

Psalms 120-134 are a special group of Psalms, each with the heading, "A SONG OF ASCENTS." Regarding authorship, _____ of them are attributed to David, _____ to Solomon and the other _____ are anonymous. These 15 Psalms were considered appropriate songs for Jewish pilgrims on their way to Jerusalem for the appointed feasts, and were often sung or recited on those occasions. And, since journeys to Jerusalem were always considered "going _____," they are called "Songs of Ascents"—for people on an _____ trek! So, these songs are appropriate for Christians today, since we too are pilgrims (John 17:16; 1 Pet 1:1,11; Heb 11:13-16); and, we too are going in a _____ and _____ direction (Phil 3:12-14,20-21)!

So, are YOU a pilgrim? Can YOU identify? Can YOU relate?

Psalms 120—A pilgrim no longer _____ in this world!

- 1) In my distress I called to the LORD, that He might answer me.
- 2) Deliver me, O LORD, from lying lips, from a deceitful tongue.
- 3) What shall be given to you, and what more shall be done to you, you deceitful tongue?
- 4) A warrior's sharp arrows, with glowing coals of the broom tree!
- 5) Woe is me, that I sojourn in Meshech, that I dwell among the tents of Kedar!
- 6) Too long have I had my dwelling among those who hate peace.
- 7) I am for peace, but when I speak, they are for war! (ESV)

Psalms 121—A pilgrim knows _____ to _____ for _____!

- 1) I lift up my eyes to the hills. From where does my help come?
- 2) My help comes from the LORD, Who made heaven and earth!
- 3) He will not let your foot be moved; He who keeps you will not slumber.
- 4) Behold, He who keeps Israel will neither slumber nor sleep.
- 5) The LORD is your keeper; the Lord is your shade on your right hand.
- 6) The sun shall not strike you by day, nor the moon by night.
- 7) The LORD will keep you from all evil; He will keep your life.
- 8) The LORD will keep your going out and your coming in from this time forth and forevermore! (ESV)

Psalm 122—A pilgrim _____ to be in God's House!

- 1) I was glad when they said to me, "Let us go to the house of the LORD!"
- 2) Our feet have been standing within your gates, O Jerusalem!
- 3) Jerusalem—built as a city that is bound firmly together,
- 4) to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.
- 5) There thrones for judgment were set, the thrones of the house of David.
- 6) Pray for the peace of Jerusalem! "May they be secure who love you!"
- 7) Peace be within your walls and security within your towers!"
- 8) For my brothers and companions' sake I will say, "Peace be within you!"
- 9) For the sake of the house of the LORD our God, I will seek your good. (ESV)

Psalm 123—A pilgrim knows what he _____ the most: _____!

- 1) To You I lift up my eyes, O You who are enthroned in the heavens!
- 2) Behold, as the eyes of servants look to the hand of their master,
as the eyes of a maidservant to the hand of her mistress,
so our eyes look to the LORD our God, till He has mercy upon us.
- 3) Have mercy upon us, O LORD, have mercy upon us,
for we have had more than enough of contempt.
- 4) Our soul has had more than enough of the scorn of those who are at ease,
of the contempt of the proud. (ESV)