

"Soul Food" from the Psalms (129-134)

Sunday Evening, August 9, 2026 – WOCC – Rich Howell

EVENING DEVOTION: Psalms for Pilgrims, Pt 3

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

Psalm 120—A pilgrim no longer FEELS AT HOME in this world!

Psalm 121—A pilgrim knows WHERE to LOOK for HELP!

Psalm 122—A pilgrim CAN'T WAIT to be in God's House!

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

Psalm 124—A pilgrim not only knows whose side he's on, but WHO is on his SIDE!

Psalm 125—A pilgrim is on the MOVE, yet cannot be MOVED!

Psalm 126—A pilgrim has a bright HOPE that the BEST is YET to come!

Psalm 127/128—A pilgrim isn't HOME yet—yet has a blessed HOME!

Psalm 129—A pilgrim doesn't let what _____ him keep him from what _____!

- 1) Greatly have they afflicted me from my youth—let Israel now say—
- 2) Greatly have they afflicted me from my youth, yet they have not prevailed against me.
(ESV)

Psalm 130—A pilgrim _____ on the Lord!

- 1) Out of the depths I cry to you, O LORD!
- 2) O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!
- 3) If you, O LORD, should mark iniquities, O Lord, who could stand?
- 4) But with you there is forgiveness, that you may be feared.
- 5) I wait for the LORD, my soul waits, and in his word I hope;
- 6) my soul waits for the Lord more than watchmen for the morning,
more than watchmen for the morning.
- 7) O Israel, hope in the LORD! For with the LORD there is steadfast love,
and with him is plentiful redemption.
- 8) And he will redeem Israel from all his iniquities. (ESV)

Psalm 131—A pilgrim doesn't sweat the _____ stuff!

- 1) O LORD, my heart is not lifted up; my eyes are not raised too high;
I do not occupy myself with things too great and too marvelous for me.
- 2) But I have calmed and quieted my soul, like a weaned child with its mother;
like a weaned child is my soul within me.
- 3) O Israel, hope in the LORD from this time forth and forevermore. (ESV)

Psalm 133—A pilgrim knows the beauty and glory of _____!

- 1) Behold, how good and pleasant it is when brothers dwell in unity!
- 2) It is like the precious oil on the head, running down on the beard,
on the beard of Aaron, running down on the collar of his robes!
- 3) It is like the dew of Hermon, which falls on the mountains of Zion!
- 4) For there the Lord has commanded the blessing, life forevermore. (ESV)

Psalm 134— A pilgrim knows the blessing of _____ in the Lord's House!

- 1) Come, bless the Lord, all you servants of the Lord,
who stand by night in the house of the Lord!
- 2) Lift up your hands to the holy place and bless the Lord!
- 3) May the Lord bless you from Zion, he who made heaven and earth!

WRAP-UP: Personal reflection and application

A. Which three of these "Songs of Ascents" do you relate to the most? And, WHY?

B. Which three of these "Songs of Ascents" do you relate to the least? And, WHY?

C. Can you think of any steps you need to take to think, feel and act more like a true pilgrim?