

## **Evenings: Songs for the journey**

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Kev is the vicar of Euston Church. He trained at Oak Hill Theological College and St. Mellitus College and also completed the Ministry Training Scheme at St. Helen's Bishopsgate. Before going into paid Christian work, Kev worked as a solicitor in the City. Kev is married to Laura and they have a boy called Rory.

## SONGS FOR THE JOURNEY



...to here.

Psalm 134,  
A Song of Ascents.

Come, bless the LORD,  
all you servants of the LORD,  
who stand by night  
in the house of the LORD!  
<sup>2</sup> Lift up your hands to the holy place  
and bless the LORD!  
<sup>3</sup> May the LORD bless you from Zion,  
he who made heaven and earth!

The journey from here...

Psalm 120,  
A Song of Ascents.

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

### ***To think through***

- How's life on the journey?



Psalm 121, *ESV*  
A Song of Ascents.

<sup>1</sup>I lift up my eyes to the hills.  
From where does my help come?

<sup>2</sup>My help comes from the LORD,  
who made heaven and earth.

<sup>3</sup>He will not let your foot be moved;  
he who keeps you will not slumber.

<sup>4</sup>Behold, he who keeps Israel  
will neither slumber nor sleep.

<sup>5</sup>The LORD is your keeper;  
the LORD is your shade on your right hand.

<sup>6</sup>The sun shall not strike you by day,  
nor the moon by night.

<sup>7</sup>The LORD will keep you from all evil;  
he will keep your life.

<sup>8</sup>The LORD will keep  
your going out and your coming in  
from this time forth and forevermore.

***To think through***

- Any stories about how your Helper has been watching over you along the journey?
- Where does your help come from?



Psalm 122, *ESV*

A Song of Ascents. Of David.

I was glad when they said to me,

“Let us go to the house of the LORD!”

<sup>2</sup> Our feet have been standing  
within your gates, O Jerusalem!

<sup>3</sup> Jerusalem—built as a city  
that is bound firmly together,

<sup>4</sup> to which the tribes go up,  
the tribes of the LORD,

as was decreed for<sup>[a]</sup> Israel,  
to give thanks to the name of the LORD.

<sup>5</sup> There thrones for judgement were set,  
the thrones of the house of David.

<sup>6</sup> Pray for the peace of Jerusalem!  
“May they be secure who love you!

<sup>7</sup> Peace be within your walls  
and security within your towers!”

<sup>8</sup> For my brothers and companions' sake  
I will say, “Peace be within you!”

<sup>9</sup> For the sake of the house of the LORD our God,  
I will seek your good.

***To think through***

- What excites you about one day *actually standing* in your homeland?



Psalm 126, *ESV*  
A Song of Ascents.

<sup>1</sup>When the LORD restored the fortunes of Zion,  
we were like those who dream.

<sup>2</sup>Then our mouth was filled with laughter,  
and our tongue with shouts of joy;  
then they said among the nations,  
"The LORD has done great things for them."

<sup>3</sup>The LORD has done great things for us;  
we are glad.

<sup>4</sup>Restore our fortunes, O LORD,  
like streams in the Negeb!

<sup>5</sup>Those who sow in tears  
shall reap with shouts of joy!

<sup>6</sup>He who goes out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
bringing his sheaves with him.

***To think through***

- What makes you glad to be part of the redeemed people of God?
- And what's hard work about it?



Psalm 131, ESV

A Song of Ascents. Of David.

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 marvellous for me.

<sup>2</sup> But I have calmed and quietened my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within me.

<sup>3</sup> O Israel, hope in the LORD  
from this time forth and for evermore.

***To think through***

- What will it mean in practice to be 'toddler like' as recommended here?
- In v3 we're telling each other to hope in the Lord. How could we use this psalm to pastor each other?



## Psalm 132

### A Song of Ascents

Remember, O LORD, in David's favour,  
all the hardships he endured,  
<sup>2</sup> how he swore to the LORD  
and vowed to the Mighty One of Jacob,  
<sup>3</sup> "I will not enter my house  
or get into my bed,  
<sup>4</sup> I will not give sleep to my eyes  
or slumber to my eyelids,  
<sup>5</sup> until I find a place for the LORD,  
a dwelling place for the Mighty One of Jacob."  
<sup>6</sup> Behold, we heard of it in Ephrathah;  
we found it in the fields of Jaar.  
<sup>7</sup> "Let us go to his dwelling place;  
let us worship at his footstool!"  
<sup>8</sup> Arise, O LORD, and go to your resting-place,  
you and the ark of your might.  
<sup>9</sup> Let your priests be clothed with righteousness,  
and let your saints shout for joy.  
<sup>10</sup> For the sake of your servant David,  
do not turn away the face of your anointed one.  
<sup>11</sup> The LORD swore to David a sure oath  
from which he will not turn back:  
"One of the sons of your body  
I will set on your throne.  
<sup>12</sup> If your sons keep my covenant  
and my testimonies that I shall teach them,  
their sons also forever  
shall sit on your throne."  
<sup>13</sup> For the LORD has chosen Zion;  
he has desired it for his dwelling place:  
<sup>14</sup> "This is my resting-place forever;  
here I will dwell, for I have desired it.  
<sup>15</sup> I will abundantly bless her provisions;  
I will satisfy her poor with bread.  
<sup>16</sup> Her priests I will clothe with salvation,  
and her saints will shout for joy.  
<sup>17</sup> There I will make a horn to sprout for David;  
I have prepared a lamp for my anointed.  
<sup>18</sup> His enemies I will clothe with shame,  
but on him his crown will shine."