

We are a family of
imperfect people
following the
perfect Savior,

Jesus.

PSALMS



120-134

Songs of
ASCENT

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵ who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.



⁶ In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷ These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.



Three Sources of Pain

- **Sin around me:** Evil and broken world
- **Sin done to me:** Hurtful people
- **Sin done by me:** My own poor choices



¹⁸ Now the Philistines had come and spread out in the Valley of Rephaim; ¹⁹ so David inquired of the LORD, “Shall I go and attack the Philistines? Will you deliver them into my hands?” The LORD answered him, “Go, for I will surely deliver the Philistines into your hands.” ²⁰ So David went to Baal Perazim, and there he defeated them. He said, “As waters break out, the LORD has broken out against my enemies before me.”

In Times of Trouble:

- **Pray.** Psalm 120, Hebrews 11
- **Move.** Psalm 34, Romans 12
- **Praise.** Psalm 124, Romans 8



¹ Now faith is confidence in what we hope for and assurance about what we do not see. ² This is what the ancients were commended for.

HEBREWS 11:1-2 NIV



¹ In my distress I called to the LORD,
and he answered me.

PSALM 120:1 ESV



In Times of Trouble:

- **Pray.** Psalm 120, Hebrews 11
- **Move.** Psalm 34, Romans 12



¹³ The LORD is close to the brokenhearted
and saves those who are crushed in spirit.

PSALM 34:18 NIV



¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practice hospitality. ¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn.

ROMANS 12:10-15 NIV

How to talk with your kids about tragedy:

1. **Ask** them what they have heard – clarify any misinformation
2. **Encourage** them to share what they think and how they feel
3. **Invite** them to ask questions, be ok with saying “I don’t know”
4. **Discuss** their own safety and protection
5. **Tell** them we live in a broken world where sin and evil are real
6. **Remind** them that God is in control, He redeems and restores
7. **Pray** with them



In Times of Trouble:

- **Pray.** Psalm 120, Hebrews 11
- **Move.** Psalm 34, Romans 12
- **Praise.** Psalm 124, Romans 8



¹ If the LORD had not been on our side— let Israel say—² if the LORD had not been on our side when people attacked us, ³ they would have swallowed us alive when their anger flared against us; ⁴ the flood would have engulfed us, the torrent would have swept over us, ⁵ the raging waters would have swept us away.

PSALM 124:1-5 NIV



⁶ Praise be to the LORD, who has not let us be torn by their teeth. ⁷ We have escaped like a bird from the fowler's snare; the snare has been broken, and we have escaped. ⁸ Our help is in the name of the LORD, the Maker of heaven and earth.

PSALM 124:6-8 NIV



¹³ Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again. ¹⁴ The LORD will fight for you; you need only to be still.”

EXODUS 14:13-14 NIV



¹ But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel:
“Fear not, for I have redeemed you; I have called you by name, you are mine. ² When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.



³¹ What then shall we say to these things?
If God is for us, who can be against us?
³² He who did not spare his own Son but
gave him up for us all, how will he not also
with him graciously give us all things?

ROMANS 8:31-32 NIV



¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15:13 NIV

