



A "Rough Guide" for Going Further Up, Further In!

Lesson 2 • Psalms of Ascents

Once you have your "Roadmap" of all the scenic "turnouts" on the journey to joy, you are ready to pull out your "Rough Guide" to the Psalms of Ascents to learn the important "travel tips" needed for going "further up and further in" on this journey!

Travel Tips for Going Further Up & Further In on Our Journey to Joy!

Travel Tip #1 Stay focused on JESUS CHRIST.

- Keep your eye on THE PRIZE! *Philippians 3:7-14, 20-21*

- What does Jesus have to do with the Psalms of Ascent? *John 5:39; Luke 24:44-46*

- Jesus is the Person who FULFILLS the promise and purpose of the Psalms of Ascent! *Luke 24:44*

"For as many as are the promises of God, in Him they are yes; therefore also through Him is our Amen to the glory of God through us."
2 Corinthians 1:20

- 1) Jesus is the "LORD" in the Psalms of Ascent. *Psalms 120:1; 121:1-2; 122:1; 123:1-2; 124:1-5; 125:1; 126:1-3; 127:1; 128:1; 129:4; 130:1-5; 131:3; 132:1-2; 133:3; 134:1-3*

- 2) Jesus is the sinless "SON OF DAVID" in the Psalms of Ascent. *Psalms 122:5; 132:1, 10-12*

- 3) Jesus is the ultimate "AUTHOR" of the Psalms of Ascent. *Psalms 122; 124; 127; 131; 133*

- 4) Jesus is the "GOOD NEWS" that overcomes the "Bad News" in the Psalms of Ascent.

Travel Tip #1 for Going Further Up and Further In: Don't lose your *focus* on **CHRIST** on this journey.

Travel Tip #2 Stay focused on the COMING KINGDOM.

- What does the coming Kingdom have to do with the Psalms of Ascent?

- God's plan concerning His kingdom was *progressively revealed* throughout the Old Testament and is *progressively fulfilled* in the New Testament!

- Between Christ's first and second comings, therefore, the two ages overlap. At present, we experience the tension of living in two ages—the "**NOW**" and the "**NOT YET**" of the last days.

The journey to joy is a present reality but never with total fulfillment this side of the New Jerusalem in the New Creation!

- This kingdom perspective will help us to persevere through the "fog" of hard times until the His kingdom comes!

"The Psalms of Ascent are valuable in providing us much-needed perspective, thereby helping us to live in the present age and also in hope of the age to come." ~J. Stephen Yuille

Travel Tip #2 for Going Further Up and Further In: Don't lose your *focus* on the **NOW/NOT YET KINGDOM** on this journey.

Travel Tip #3 Stay focused on FUTURE GRACE.

- Future grace is TRUSTING GOD to give us the desire and power to do His will in the **future** as we claim His promises in the **present**.

*Future grace is trusting God promises in the dark—in the storm—in the valleys—
and choosing to persevere by faith in Him and His promises!*

- What does future grace have to do with the Psalms of Ascents?

When we speak of faith in future grace—we mean being satisfied with all that God promises to be for us in Christ when we need it!

Travel Tip #3 for Going Further Up and Further In: Don't lose your **focus** on **FUTURE GRACE** for this journey.

Travel Tip #4 Stay focused on GOD'S PROVIDENCE.

- Providence is the comforting truth that as the Creator of all things God is all-powerful and always present to work ALL THINGS together for His glory and our good.
- God's providence in the Psalms of Ascents reminds us that our Creator is in complete charge of His world: *His hand may be hidden, but His rule is absolute and He is ALWAYS AT WORK!* Psalm 121:2; 124:8; 134:3
- God's providence means it doesn't matter **who** you are, **where** you are, or **what** you are going through, these songs for going "further up and further in" will meet you where you are in God's providence!

Travel Tip #4 for Going Further Up and Further In: Don't lose your **focus** on **GOD'S PROVIDENCE** on this journey.

Travel Tip #5 Stay focused on the WHOLE PERSON.

The Psalms of Ascents will...

- INFORM your mind. Psalm 132:11; 130:5
"I wait for the LORD, my soul does wait, And in His word do I hope." Psalms 130:5
- AROUSE your emotions. Psalms 120:1; 130:1; 126:2, 6; 132:9, 16; 128:1-2; 134:1-3
- DIRECT your will.
- SOOTHE your soul. Psalm 120:2, 6; 121:7; 123:4; 124:4, 7; 130:5; 131:2
- HUMBLE your heart. Psalms 125:4; 131:1

The Psalms guide us into the path of God-glorifying desires, God-magnifying emotions, and God-honoring thoughts. They shape our perspectives, equip us to pray in faith, regulate our feelings, inform our judgments and beckon us to fix our eyes heavenward as we journey homeward.

Travel Tip #5 for Going Further Up and Further In: Don't lose your **focus** on yourself as a **WHOLE PERSON** on this journey.

Application for Going Further Up, Further In

- If you choose to read each of the 15 Psalms of Ascents 5 days in a row, you could use these 5 travel tips—one-per-day—to focus your reading for the five days.
- How can these five travel tips help you right now to go "further up and further in" on your journey to joy?