

## Summer in the Psalms

**Sermon Title: Psalms of Ascent**

**Speaker: Danny deArmas**

**Focus Passage: Psalm 120 & Psalms of Ascent**

**Group's Guide for week of 7/6/25**

### **Belong:**

Ice Breaker: What was your favorite vacation and why? Did you go with your family? Friends? Did you travel by car? Plane? Boat? Share with the group what made this trip so special.

### **Leader Note:**

*Psalms of Ascent: Pastor Danny shares this context about the Psalms of Ascent which include Psalms 120-134. This portion of the Psalms were songs for the journey to Jerusalem for festivals, 3 times per year for the people of God. This trip was an active, living metaphor for their lives with God. They were walking to the house of God, symbolizing their life's journey upward toward God in life and eternity. It's a picture of our lives and journey with God as well.*

### **Believe**

Read passage: Psalm 120: 1-7

Leader Note: *Pastor Danny talks about repentance in his message. To repent means to change one's mind.*

*"Repentance (metanoia, 'change of mind') involves a turning with contrition from sin to God; the repentant sinner is in the proper condition to accept the divine forgiveness." (F. F. Bruce. The Acts of the Apostles [Greek Text Commentary], London: Tyndale, 1952, p. 97.)*

*Other verses about repentance include: Acts 3:19, 2 Corinthians 7:10, Luke 13:3, and 2 Peter 3:9. You might want to look these verses up and have your group read them as well.*

1. What is the heart posture of the pilgrims as they start the journey towards Jerusalem in this first Song of Ascent?
2. Why is it important for the people of God to cry out to Him in their troubles?
3. What kind of troubles do you imagine they might have been facing as they started their journey?

4. If you are in a particularly hard season, what is it about the Lord that gives you hope?

### **Become**

1. The writer asks God to deliver him from 2 different trials. What are they?
2. Why do you think that the writer sought out God's rescue from these two trials instead of trying to deal with it himself? What might have happened if the writer had focused on the hardship more he focused on God's ability to deliver him?
3. Have you ever started a journey only to be derailed by a detour? Were you able to get back on track and how hard was it to do so? What made the difference?
4. Read Psalms 121:1-2. Where does the pilgrim's help ultimately come from?

### **Challenge**

1. The Songs of Ascent used themes of worship, hope, joy, community and perseverance to help inspire those who were on their way to Jerusalem for Passover. First Orlando has created a Spotify Playlist of songs to encourage us as we spend our Summer in the Psalms. You can find it here:  
<https://open.spotify.com/playlist/2bpkNdiqYjMKNGimv1TnVf?si=e517932707e943c9&nd=1&dlsi=702d6789cac14a3a>
2. The Songs of Ascent end in Psalm 134 with the writer blessing the Lord and celebrating. Read through this Psalm and take some time this week to intentionally thank the Lord for answers to prayer in your spiritual journey.
3. Consider one key takeaway you want to remember from Psalm 120 and write it down so that you will remember this message of repentance and crying out to God for rescue.

### **Closing Prayer:**

Lord, we thank you that when we are troubled we can come to you and you answer us. Thank you for delivering us from trials outside of our control. We praise you for how you have walked with us and will continue to walk with us today and in the days ahead. Help us to carry this Song of Ascent with us and remember your invitation to worship you.