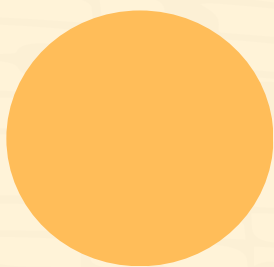


P S A L M 1 2 1

SONGS *Of* ASCENT

D E V O T I O N A L S
O F T H E
P S A L M S



HOW TO USE THIS DEVOTIONAL

Each Psalm devotion is designed to help you engage your heart and mind while reflecting on God's Word. Each devotional includes seven key sections where you can write, pause, and pray.

OPENING ORIENTATION

A short introduction to the Psalm and the season of life it speaks to.

SCRIPTURE

The passage and title

A WOMAN'S JOURNEY REFLECTION

Thoughts, insights, and context to help you connect the Psalm to your own journey.

REFLECTION QUESTIONS

Questions for personal contemplation

PRAYER PROMPT

A suggested prayer to begin with. Feel free to also write your own.

JOURNEY MARKER

Checkboxes to identify where you are in your journey (e.g., Beginning, Climbing, Waiting, Resting, Arriving). Record your reflections.

HOLD THIS TRUTH

A highlighted section summarising a key biblical truth from the Psalm—designed to anchor your heart and mind.

LOOKING UP ON THE WAY

Psalm 121

OPENING ORIENTATION

The journey upward is not always steep, but it is rarely effortless. Psalm 121 meets us in a moment of movement—when the road stretches ahead and uncertainty lingers. Faith is often practised not in certainty, but in trust: lifting our eyes and continuing forward.

SCRIPTURE

Read Psalm 121 slowly or aloud, noticing any word or phrase that draws your attention.

READ AND REFLECT

Psalm 121

A SONG OF ASCENTS

- 1 I lift up my eyes to the mountains—
where does my help come from?
- 2 My help comes from the Lord,
the Maker of heaven and earth.
- 3 He will not let your foot slip—
he who watches over you will not slumber;
- 4 indeed, he who watches over Israel
will neither slumber nor sleep.
- 5 The Lord watches over you—
the Lord is your shade at your right hand;
- 6 the sun will not harm you by day,
nor the moon by night.
- 7 The Lord will keep you from all harm—
he will watch over your life;
- 8 the Lord will watch over your coming and going
both now and forevermore.

WOMEN'S REFLECTION

Psalm 121

A WOMAN'S JOURNEY REFLECTION

The days have felt long, but the years have passed quickly. Looking back on my journey with the Lord, I am reminded of a valley I entered four years ago. I can see now how I left that valley changed, limping a little. It is also the place where my soul learned to sing Psalm 121.

I lost someone I love, and the grief floored me. My community was unable to support me, crumbling at the touch. The sun and the moon were unkind to me, as I lay weeping at night, and with every sunrise, reality dawning.

It was in this place that I learned to trust the Lord's watchfulness. Another psalm (23) became viscerally real to me, as I began to experience the Jesus who journeys with me through the valley of the shadow of death. He was unhurried, sitting when I was tired and weak, never leaving my side. In the isolation of grief, I found Jesus there, already weeping. Together, we grieved the life of our friend. And together, we journeyed out of the valley

He has led me to pleasant places; the mountaintops which we gazed at from the valley's floor are now firm beneath our feet. Along the way, I joined our church community, where I am now enfolded in love

and support. I can live joyfully again, not fearing times of trouble, for I know He will be with me in them. He is a trustworthy keeper, and it is our life's joy to follow Him on this journey - wherever it leads.

Keren - Erskineville 4pm

REFLECT AND PRAY

Psalm 121

REFLECTION QUESTIONS

- What does your journey feel like right now—steady, uncertain, heavy, hopeful?
- Where have you been looking for help or reassurance lately?
- Is there an area of your life where you fear slipping or failing?
- What would it mean to trust God as your Keeper in this season?

PRAYER PROMPT

"God, I lift my eyes to You today. You see where I've been and where I'm going. Help me trust Your care over my life—especially in the places where I feel unsure or afraid."

REFLECT AND PRAY

Psalm 121

JOURNEY MARKER

- Beginning
- Climbing
- Waiting
- Resting
- Arriving

One word that describes where I am today:

One thing I want to leave behind as I begin this journey:

HOLD THIS TRUTH

Trust + Dependence = Safe Journey. God watches over every step we take. We are never alone, and His care never fails.

"The LORD watches over you—the LORD is your shade at your right hand." — Psalm 121:5