

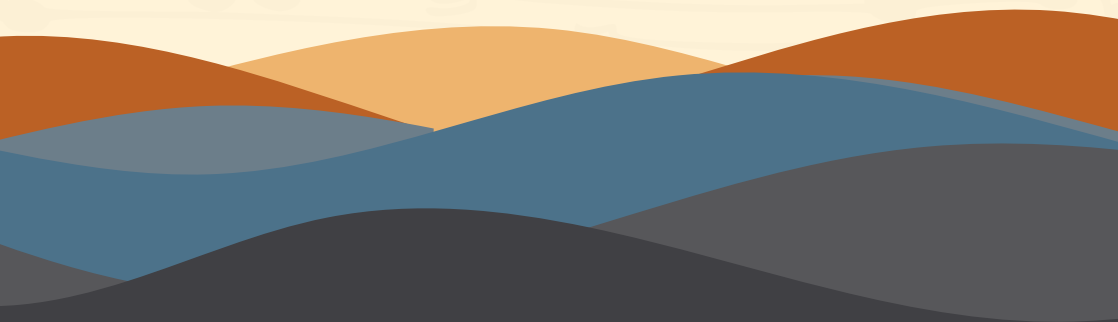
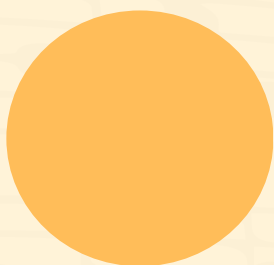
P S A L M S 1 2 0 - 1 3 0

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.

LONGING FOR HOME

Psalm 120

OPENING ORIENTATION

Every journey has a starting point, and sometimes it is not peace, but unrest. Psalm 120 meets us when something feels out of alignment—when we are tired of conflict, weary of falsehood, or longing for a different way of living. This Psalm reminds us that the journey toward God often begins with honesty about where we are and what we can no longer carry. I am tired of the conflict within me. Trusting the world's falsehoods more than I trust my God and his grace. Doubting who I can be through Him and feeling secure in my own, limited visions and abilities.

On my journey toward God, through prayer, and reading the Word, His message of faith and trust and a right relationship become clearer, but it is sometimes easier to fall away from this promise and security and only reaching out to God when my heart aches or my fears and doubts become overwhelming. Psalm 120 reminds us that the journey toward God often begins with honesty about our strengths, weaknesses and self-doubt.

READ AND REFLECT

Psalm 120

SCRIPTURE

Read Psalm 120 slowly or aloud. Notice any word or phrase that feels heavy or meaningful.

A SONG OF ASCENTS

I call on the Lord in my distress,
and he answers me.
Save me, Lord,
from lying lips
and from deceitful tongues.

What will he do to you,
and what more besides,
you deceitful tongue?

He will punish you with a warrior's sharp arrows
with burning coals of the broom bush.

Woe to me that I dwell in Meshek,
that I live among the tents of Kedar!
Too long have I lived
among those who hate peace.
I am for peace;
but when I speak, they are for war.

WOMEN'S REFLECTION

Psalm 120

A WOMAN'S JOURNEY REFLECTION

Homesickness is more than missing a place—it's missing the people who make us feel safe, known, and loved. Psalm 120 captures this feeling. Written by someone "stranded in a godless place," longing for peace and honest connection, it doesn't resolve the tension instantly—but it turns the heart toward God. Before any steps are taken, before the climb even begins, there is a cry—and God listens. I often feel I reach this point of crying out to God when things get too much. When work seems never ending and isolating. When I feel my child growing older and wiser in the world, but less so in his confidence in Christ. When I long for the comforts of home and seeing my family and the familiar again. God does listen and He knows what is in store. He knows peace and it's power over the little and big things that we fight against. I long to trust in Him constantly, not just conveniently.

REFLECT AND PRAY

Psalm 120

REFLECTION QUESTIONS

- Where in your life do you feel tension, unrest, or weariness right now?
- What have you been enduring quietly that you long to bring into the light?
- What might it look like to begin your journey by simply calling out to God?

PRAYER PROMPT

God I am climbing, getting closer to seeing you as a person who brings calm and confidence. Faith in you has brought me so much joy, real joy and peace. I want to leave the doubt behind and trust in you when I doubt myself.

REFLECT AND PRAY

Psalm 120

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

Honesty + Prayer = First Step Toward God

Acknowledging unrest is the start of the journey.

God hears our cries and points us toward our true home.

"In my distress I cried to the LORD, and he answered me." — Psalm 120:1

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.

REFLECT AND PRAY

Psalms 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."

GATHERED TOGETHER

Psalm 122

OPENING ORIENTATION

As the journey continues, there comes a moment of shared joy. Psalm 122 meets us in movement toward one another—toward worship, belonging, and shared hope. Faith is not only personal; it is communal.

SCRIPTURE

Read Psalm 122 slowly or aloud, noticing words that stir joy or anticipation.

READ AND REFLECT

A SONG OF ASCENTS

Psalm 122

- 1 I rejoiced with those who said to me,
“Let us go to the house of the Lord.”
- 2 Our feet are standing
in your gates, Jerusalem.
- 3 Jerusalem is built like a city
that is closely compacted together.
- 4 That is where the tribes go up—
the tribes of the Lord—
to praise the name of the Lord
according to the statute given to Israel.
- 5 There stand the thrones for judgment,
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem:
“May those who love you be secure.
- 7 May there be peace within your walls
and security within your citadels.”
- 8 For the sake of my family and friends,
I will say, “Peace be within you.”
- 9 For the sake of the house of the Lord our God,
I will seek your prosperity.

WOMEN'S REFLECTION

Psalm 122

A WOMAN'S JOURNEY REFLECTION

Sometimes church feels hard. We'd rather sleep in or go to brunch or the beach. Maybe we find some people at church awkward and the service dry and lifeless. We go because we think we should or because we are in the habit of doing so, not because we delight in being there, with God's people, worshipping the Lord.

One image this Psalm paints is of fellowship. Fellowship around a common purpose - "to give thanks to the name of the Lord". We should not forget what brings us together each week! We are not there because we have to be, but because we have the immense privilege of worshipping our Lord and Saviour Jesus Christ for his great mercy to us! Not only that, but he has given us the unity, joy and encouragement that comes from meeting with other Christians. As the writer to the Hebrews says "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching." As we weave our way in the world, it can be hard to keep our eyes fixed on Jesus. God has given us our brothers and sisters at church to help us refocus on Him.

REFLECT AND PRAY

Psalm 122

REFLECTION QUESTIONS

- What has your experience of gathering with God's people been like recently?
- When you think about worship, do you feel anticipation, obligation, or weariness?
- Who are the "brothers and companions" God has placed around you in this season?

PRAYER PROMPT

"God, thank You for inviting me into Your presence and into community with others. Bring peace, unity, and joy to Your people. Be especially near to those for whom gathering feels heavy or painful."

REFLECT AND PRAY

Psalm 122

JOURNEY MARKER

- ☐ Beginning
- ☐ Climbing
- ☐ Waiting
- ☐ Resting
- ☐ Arriving

One word that describes how I feel about community today:

One way I sense God inviting me to gather more intentionally:

HOLD THIS TRUTH

Community + Worship = Shared Joy

We are strengthened, encouraged, and blessed when we gather in unity to worship God.

"How good and pleasant it is when God's people live together in unity!" — Psalm 133:1

MIGHTY TO SAVE

Psalm 123-124

OPENING ORIENTATION

Not every step feels strong or confident. Psalms 123 and 124 tell a shared story: first, the honest cry for mercy, and then grateful recognition that God has helped all along.

SCRIPTURE

Read Psalm 123, then Psalm 124 slowly or aloud.

READ AND REFLECT

Psalm 123

A SONG OF ASCENTS

123

- 1 I lift up my eyes to you,
to you who sit enthroned in heaven.
- 2 As the eyes of slaves look to the hand of their
master,
as the eyes of a female slave look to the hand of
her mistress,
so our eyes look to the Lord our God,
till he shows us his mercy.
- 3 Have mercy on us, Lord, have mercy on us,
for we have endured no end of contempt.
- 4 We have endured no end
of ridicule from the arrogant,
of contempt from the proud.

READ AND REFLECT

Psalm 124

A SONG OF ASCENTS

124

- 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.
- 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.

WOMEN'S REFLECTION

Psalms 123-124

A WOMAN'S JOURNEY REFLECTION

Over a decade ago, I attended a conference with women from across our congregations. The teaching focused on hardship and trouble. At the time, my honest—if naive—reaction was, “It’s all a bit much.” The older women around me nodded knowingly; I could not yet see what they saw.

Now, with years behind me, I understand. I look back with tenderness on my younger self, so unaware that none of us move through life unscathed. Suffering comes in many forms—loss, loneliness, limitation—and in His kindness, the Lord meets us in each one. Women across generations know what it is to carry more than we feel equipped for. Yet we also share a quiet testimony: God meets us, often unexpectedly, right where our strength runs out.

Psalms 123–124 shape this shared journey. When we face contempt or pressure, we lift our eyes. When we feel small or directionless, we look to the Lord.

As I read, Jehoshaphat’s prayer in 2 Chronicles 20 echoed in my head: “We have no power to face this vast army... We do not know what to do, but our eyes are on you.” It is the prayer of anyone standing at

WOMEN'S REFLECTION

Psalms 123-124

the edge of uncertainty. But it is also the prayer of faith—a steady turning of the gaze toward the One who sees the whole landscape.

Whatever our circumstances—frightening, unclear, or overwhelming—we lift our eyes to the Lord. Dependence is not failure but the doorway to His faithful help.

These psalms invite us to be honest about our limits and bold in our dependence. When we cannot hold everything together, we can still lift our eyes and find that God has been holding us all along.

REFLECT AND PRAY

Psalm 123-124

REFLECTION QUESTIONS

- Where in your life do you currently feel discouraged, weary, or in need of mercy?
- What does it look like for you to “lift your eyes” toward God in this season?
- Are you waiting for clarity, relief, justice, or peace? How does waiting feel in your body and spirit?
- Looking back, can you name a time when you now see that the Lord was on your side?

PRAYER PROMPT

"God, I lift my eyes to You—not because I am strong, but because I need Your mercy. Thank You for being on my side—yesterday, today, and always."

REFLECT AND PRAY

Psalm 123-124

JOURNEY MARKER

- ☐ Beginning
- ☐ Climbing
- ☐ Waiting
- ☐ Resting
- ☐ Arriving

One area where I need God's mercy right now:

One way I can name God's help in my story—past or present:

HOLD THIS TRUTH

Dependence + Deliverance = Faithful God

God's help is present even when we barely hold on; waiting leads to recognition of His salvation.

"If the LORD had not been on our side...our enemies would have swallowed us alive." — Psalm 124:1-2

GOODNESS GUARANTEED

Psalm 125-126

OPENING ORIENTATION

Trust deepens as the journey continues—but not because life becomes predictable. Psalms 125 and 126 remind us that God’s goodness is steady even when circumstances are not. These Psalms hold two truths: God surrounds His people with unshakable care, and yet we still sow seeds in hard, hopeful places.

SCRIPTURE

Read Psalm 125, then Psalm 126 slowly. Notice images of mountains, restoration, sowing, and joy

READ AND REFLECT

Psalms 125

A SONG OF ASCENTS

- 1 Those who trust in the Lord are like Mount Zion,
which cannot be shaken but endures forever.
- 2 As the mountains surround Jerusalem,
so the Lord surrounds his people
both now and forevermore.
- 3 The scepter of the wicked will not remain
over the land allotted to the righteous,
for then the righteous might use
their hands to do evil.
- 4 Lord, do good to those who are good,
to those who are upright in heart.
- 5 But those who turn to crooked ways
the Lord will banish with the evildoers.

Peace be on Israel.

READ AND REFLECT

Psalm 126

A SONG OF ASCENTS

1 When the Lord restored the fortunes of Zion,
we were like those who dreamed.

2 Our mouths were filled with laughter,
our tongues with songs of joy.

Then it was said among the nations,
“The Lord has done great things for them.”

3 The Lord has done great things for us,
and we are filled with joy.

4 Restore our fortunes, Lord,
like streams in the Negev.

5 Those who sow with tears
will reap with songs of joy.

6 Those who go out weeping,
carrying seed to sow,
will return with songs of joy,
carrying sheaves with them.

WOMEN'S REFLECTION

Psalm 125-126

A WOMAN'S JOURNEY REFLECTION

As I contemplate where I am on my journey with God, I think I'd say I'm waiting. Waiting for Jesus to return, call us home and wipe away sickness, sadness and death. However, occasionally, I fall backwards and find myself climbing old territory of irritating, recurring doubt.

In reading Psalms 125 and 126 these last few days, a familiar nagging question returns - What does it mean for God to 'do good to those who are good' (Ps125:4)? What I'd like it to mean is that my kids and grandkids come to know the Lord Jesus and be adopted into his eternal family. With this yet to be a reality, I think my waiting lacks sincerity.

This is when I find myself heading for legalism and climbing again. Maybe this doubt is telling me that I don't believe in the grace of the Lord Jesus enough. Am I actually the 'good' referred to in these psalms?

And so, as I weep again for these precious ones of mine, I return to waiting for our good God, who turned my heart of stone to flesh, to do his thing and bring to my heart and lips, songs of joy (Ps126:6).

REFLECT AND PRAY

Psalm 125-126

REFLECTION QUESTIONS

- Where in your life do you need reassurance that God is surrounding and protecting you?
- What helps you trust God when evil, pressure, or discouragement feels close?
- Can you name a season when God restored something you thought was lost? How does remembering that shape your hope today?
- What seeds are you sowing right now—through obedience, prayer, perseverance, or faith—while waiting for joy?

PRAYER PROMPT

"Heavenly Father, I thank you for your patience as I learn to trust in your infinite goodness. May this be not just in my head but deep in my very being. I bring our beautiful girls, their partners and their children to you again and pray that you will have mercy on them and bring them into your kingdom."

REFLECT AND PRAY

Psalm 125-126

JOURNEY MARKER

- ☐ Beginning
- ☐ Climbing
- ☐ Waiting
- ☐ Resting
- ☐ Arriving

One area where I need to trust God's goodness more deeply:

One seed of faith I am sowing, even if it feels small:

HOLD THIS TRUTH

God's Steadfast Goodness = Hope That Holds

God protects and restores, even in uncertain seasons. Our faithful sowing meets His faithful care.

"Those who sow with tears will reap with songs of joy." — Psalm 126:5

BLESSINGS OF A HAPPY HOME

Psalm 127-128

OPENING ORIENTATION

The journey turns inward—to our work, rest, and home life. Psalms 127 and 128 remind us that a flourishing life is built not by effort alone, but by trust in the Lord. Blessing begins with dependence, not perfection.

SCRIPTURE

Read Psalm 127, then Psalm 128 slowly. Notice words like building, watching, resting, fruitfulness, blessing.

READ AND REFLECT

A SONG OF ASCENTS

Psalm 127

- 1 I rejoiced with those who said to me,
“Let us go to the house of the Lord.”
- 2 Our feet are standing
in your gates, Jerusalem.
- 3 Jerusalem is built like a city
that is closely compacted together.
- 4 That is where the tribes go up—
the tribes of the Lord—
to praise the name of the Lord
according to the statute given to Israel.
- 5 There stand the thrones for judgment,
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem:
“May those who love you be secure.
- 7 May there be peace within your walls
and security within your citadels.”
- 8 For the sake of my family and friends,
I will say, “Peace be within you.”
- 9 For the sake of the house of the Lord our God,
I will seek your prosperity.

READ AND REFLECT

Psalm 128

A SONG OF ASCENTS

- 1 Blessed are all who fear the Lord,
 who walk in obedience to him.
- 2 You will eat the fruit of your labor;
 blessings and prosperity will be yours.
- 3 Your wife will be like a fruitful vine
 within your house;
your children will be like olive shoots
 around your table.
- 4 Yes, this will be the blessing
 for the man who fears the Lord.
- 5 May the Lord bless you from Zion;
 may you see the prosperity of Jerusalem
 all the days of your life.
- 6 May you live to see your children's children—
 peace be on Israel.

WOMEN'S REFLECTION

Psalm 127-128

A WOMAN'S JOURNEY REFLECTION

Psalm 127 interrupts our instinct to measure worth by what we accomplish. Our striving doesn't secure life; God does. Psalm 128 turns toward faithfulness in everyday life—walking with God, tending relationships, and trusting Him with outcomes we cannot control. Joy grows quietly when rooted in reverence.

Psalm 127 feels like a gentle interruption to the way I naturally live. I'm someone who thrives on plans, lists, and a sense of control. Much of my life has been built around achieving, organizing, and measuring progress—quietly tying my worth to what I can accomplish. I often come to God not with an open page, but with a carefully drafted plan, hoping He will bless it.

But this psalm reminds me that unless the Lord builds, our striving is ultimately empty. That truth is both confronting and freeing. It exposes how tightly I hold control, but also invites me to rest—because the weight of my life was never meant to sit on my shoulders. When I look back, so much of what I treasure most—my family, the timing of life's turns,

WOMEN'S REFLECTION

Psalm 127-128

the unexpected blessings—came in ways I never planned. Psalm 128 shifts my focus from striving to walking: quietly, faithfully, in reverence before God. It's there, in surrender and everyday obedience, that joy grows.

I'm constantly needing to remember that my worth isn't measured by what I build, but rests in who I am before God—freeing me to enjoy what He lovingly gives.

REFLECT AND PRAY

Psalm 127-128

REFLECTION QUESTIONS

- Where in your life are you working hard to build security, relationships, or success?
- What makes it difficult for you to rest or release control?
- When you think of “home,” what feelings rise—gratitude, longing, grief, hope?
- How might you walk in the fear of the Lord, orienting choices around Him this week?

PRAYER PROMPT

"God, You are the One who builds and watches over my life. Teach me to trust You with what I work for and cannot fix. Help me rest in Your care and walk wisely with You in the everyday moments of my life."

REFLECT AND PRAY

Psalm 127-128

JOURNEY MARKER

- ☐ Beginning
- ☐ Climbing
- ☐ Waiting
- ☐ Resting
- ☐ Arriving

One area where I need to trust God instead of striving:

One small way I can orient my life around the Lord this week:

HOLD THIS TRUTH

Dependence + Daily Faithfulness = Lasting Blessing

The Lord builds, protects, and delights in blessing His people. Effort alone does not secure life.

"Unless the LORD builds the house, the builders labour in vain." — Psalm 127:1

OUT OF THE DEPTHS

Psalm 130

OPENING ORIENTATION

Humility underpins true happiness. Psalm 130 invites us to face life honestly—acknowledging sin, guilt, and need for God’s mercy—while cultivating hope in His faithfulness.

SCRIPTURE

Read Psalm 130 slowly, noticing words like wait, hope, iniquities, redemption.

READ AND REFLECT

Psalm 130

A SONG OF ASCENTS

- 1 “They have greatly oppressed me from my youth,”
let Israel say;
- 2 “they have greatly oppressed me from my youth,
but they have not gained the victory over me.
- 3 Plowmen have plowed my back
and made their furrows long.
- 4 But the Lord is righteous;
he has cut me free from the cords of the wicked.”
- 5 May all who hate Zion
be turned back in shame.
- 6 May they be like grass on the roof,
which withers before it can grow;
- 7 a reaper cannot fill his hands with it,
nor one who gathers fill his arms.
- 8 May those who pass by not say to them,
“The blessing of the Lord be on you;
we bless you in the name of the Lord.”

WOMEN'S REFLECTION

Psalm 130

A WOMAN'S JOURNEY REFLECTION

Facing the depths: Relief comes not from self-effort but from God's forgiveness. Receiving mercy grows awe in our hearts. Waiting is active hope—it requires trust in God's timing and promises.

A few days ago I sat outside with my high school class after lunch as we watched a sky-writer. As we waited for each letter to be carefully formed in the sky, we took turns guessing what the message would say and who it might be for. Sitting in the sunshine with my students, the waiting felt light, carefree, and easy.

The waiting described in Psalm 130 is nothing like this. It begins, "Out of the depths I cry to you." This is a heavy and distressing waiting that requires the writer to dig their heels in and hold fast as they look up to God for help. These depths are revealed as the result of the crushing weight of sin: "If you, O Lord, should mark iniquities, O Lord, who could stand?" (v3).

The writer doesn't specify what is weighing them down in the depths—but if you are anything like me, it isn't hard to imagine a heart swelling with jealousy, selfishness, an all-consuming desire for praise, and a tendency to judge others. But the very

WOMEN'S REFLECTION

Psalm 130

next verse turns everything. The way out of the depths doesn't come from our own efforts to climb out, but from God's forgiveness. "But with you there is forgiveness" (v4), and again in verse 7, "With the Lord there is steadfast love, and with him is plentiful redemption."

Psalm 130 teaches us that waiting is an act of faith and confidence. The watchman who waits for the morning knows that dawn will come. As we wait for the Lord together, let's trust in His forgiveness and look out for sisters who are still in the depths to lift them out.

REFLECT AND PRAY

Psalm 130

REFLECTION QUESTIONS

- In what areas of your life do you feel “in the depths” and need God’s mercy?
- How does confessing sin bring both relief and deeper reverence?
- How can you practise waiting on God in areas where you feel anxious or powerless?
- What words from Psalm 130 encourage your hope today?

PRAYER PROMPT

"Lord, I acknowledge my sin and need Your mercy. Forgive me, renew my heart, and help me place hope fully in You. Teach me to wait patiently and rejoice in the redemption You bring."

REFLECT AND PRAY

Psalm 130

JOURNEY MARKER

- ☐ Heavy
- ☐ Restless
- ☐ Anxious
- ☐ Hopeful
- ☐ Peaceful

One area I will surrender to God's mercy this week:

One step I can take to cultivate hope:

HOLD THIS TRUTH

Humility + Hope = True Happiness

Confession brings mercy; waiting brings trust;
redemption brings awe

·
"I wait for the LORD, my soul waits, and in his word I
put my hope." — Psalm 130:5