



We are women who know the joy of the Spirit-filled life. We live and abide in the love of Jesus, trusting that He is enough to meet every need and satisfy every heart.

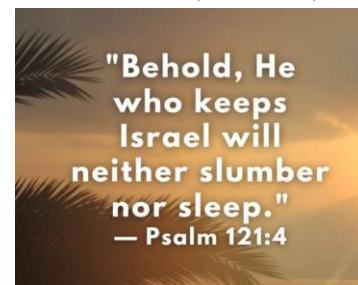
---

This week, I would like to extend an invitation to you to pray through Psalms 120-133. These psalms form the Songs of Ascent which were sung by pilgrims on their way to Jerusalem. They form a beautiful prayer for Jerusalem and the nation of Israel. They also invite us to pray for those who are in captivity and in desperate situations. May the Spirit of God use these ancient prayers to guide our prayers in these days.

**In my distress I called to the Lord**, and he answered me. Deliver me, O Lord, from lying lips, from a deceitful tongue. Psalm 120:1-2

I lift up my eyes to the hills. Where does my help come from? **My help comes from the Lord** who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber.

Psalm 121:1-2



**I was glad when they said to me, Let us go to the house of the Lord! Our feet have been standing within your gates, O Jerusalem.** Jerusalem – built as a city that is bound firmly together, to which the tribes go up, the tribes of the Lord, as was decreed for Israel to give thanks to the name of the Lord.

Psalm 122:1-4

To you I lift up my eyes, O you who are enthroned in the heavens! Behold as the eyes of servants look to the hand of their master, as the eyes of the maidservant to

the hand of her mistress, so our **eyes look to the Lord our God til he has mercy upon us**. Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Our soul has had more than enough.. Psalm 123:1-4

**If it had not been the Lord who was son our side – let Israel now say – if it had not been the Lord who was on our side when people rose up against us, then they would have swallowed us up alive... We have escaped like a bird from the snare of the fowlers, the snare is broken, and we have escaped! Our help is in the name of the Lord, who made heaven and earth.** Psalm 124

Those who trust in the Lord are like Mount Zion, which cannot be moved but abides forever. As the mountains surround Jerusalem, so **the Lord surrounds His people from this time forth and forevermore**. For the scepter of wickedness shall not rest on the land allotted to the righteous lest the righteous stretch out their hands to do wrong. **Do good O Lord to those who are good**, and to those who are upright in their hearts! But those who turn aside to their crooked ways the Lord will lead away with evildoers! Peace be upon Israel! Psalm 125

**Restore our fortunes, O Lord like the streams in the Negev! Those who sow in tears shall reap with shouts of Joy!** Psalm 126:4-6

Unless the Lord builds the house, They labor in vain who build it; Unless the Lord guards the city, The watchman stays awake in vain.  
Psalms 127:1 NKJV

The Lord bless you from Zion! **May you see the prosperity of Jerusalem all the days of your life!** May you see your children's children! Peace be upon Israel. Psalm 128:5-6

**I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than the watchmen for the**

**morning....** O Israel, hope in the Lord! **For with the Lord there is steadfast love, and with him is plentiful redemption.** And **he will redeem Israel** from all his iniquities. Psalm 130:1-8

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. **O Israel, hope in the Lord** from this time forth and forevermore. Psalm 131:1-3

Behold, **how good and pleasant it is when brothers dwell in unity... For there the Lord has commanded the blessing, life forevermore.**

Psalm 133:1-3