

*Selected verses from the  
Psalms of Ascent (Psalm 120 to 134)*

Psalm 121

I lift up my eyes to the hills – from where will my help come?  
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.  
He who keeps Israel will neither slumber nor sleep.  
The Lord is your keeper; the Lord is your shade at your right hand.  
The sun shall not strike you by day, nor the moon by night.  
The Lord will keep you from all evil; he will keep your life.  
The Lord will keep your going out and your coming in  
from this time on and forevermore.

Psalm 122:1-2, 6-9

I was glad when they said to me,  
“Let us go to the house of the Lord!”  
Our feet are standing within your gates, O Jerusalem.  
Pray for the peace of Jerusalem:  
“May they prosper who love you.  
Peace be within your walls, and security within your towers.”  
For the sake of my relatives and friends,  
I will say, “Peace be within you.”  
For the sake of the house of the Lord our God, I will seek your good.

Psalm 125:1-2

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 on and forever more.

Psalm 126:1-6

When the Lord restored the fortunes of Zion, we were like those who dream.  
Then our mouth was filled with laughter, and our tongue with shouts of joy;  
Then it was said among the nations,  
“The Lord has done great things for them,”  
The Lord has done great things for us, and we rejoiced.

Restore our fortunes, O Lord,  
Like the watercourses in the Negeb.  
May those who sow in tears reap with shouts of joy.  
Those who go out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy, carrying their sheaves.

Psalm 127:1

Unless the Lord builds the house, those who build it labor in vain.  
Unless the Lord guards the city, the guard keeps watch in vain.

Psalm 130:1-6

Out of the depths I cry to you, O Lord. Lord, hear my voice!  
Let your ears be attentive to the voice of my supplications!  
If you, O Lord, should mark iniquities, Lord, who could stand?  
But with you there is forgiveness, so that you may be revered.  
I wait for the Lord, my soul waits, and in his word I hope.  
My soul waits for the Lord  
more than those who watch for the morning.  
more than those who watch for the morning.

Psalm 131:1-3

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 children with its mother;  
My soul is like the weaned child that is with me.

Psalm 134:1-3

Come, bless the Lord, all you servants of the Lord,  
who stand by night in the house of the Lord!  
Lift up your hands to the holy place,  
and bless the Lord.  
May the Lord, maker of heaven and earth, bless you from Zion.