

Songs of Ascents: 131, 132

Psalms that lift the soul

Each psalm in Psalms 120-134 has the title “a song of ascents.”

Ascents may refer to pilgrimages up to Jerusalem for Passover, Pentecost, and Tabernacles.

Last week we covered Psalms 129 and 130.

Psalm 129 asked for there to be no blessing on those who hate and oppress God’s people.

Psalm 130 came out of the depths and rose to the heights of forgiveness and redemption.

Knowing you are a forgiven sinner, describe some proper attitudes that would follow in you.

Psalm 131

A song of ascents. Of David.

1 My heart is not proud, O LORD, my eyes are not haughty;

I do not concern myself with great matters or things too wonderful for me.

2 But I have stilled and quieted my soul;

like a weaned child with its mother, like a weaned child is my soul within me.

3 O Israel, put your hope in the LORD both now and forevermore.

Write your own one-sentence summary of this psalm.

In what ways can the heart be proud and the eyes be haughty?

How did David’s humility show up in his life?

I do not concern myself with great matters or things too wonderful for me.

What would some of those great and wonderful matters be for you?

Explain the comparison David makes in verse 2.

What is David doing in verse 3?

Compare the ending of Psalm 131 and Psalm 130. Why do we put our hope in the LORD?

Psalm 132

A song of ascents.

1 O LORD, remember David and all the hardships he endured.

2 He swore an oath to the LORD and made a vow to the Mighty One of Jacob:

3 “I will not enter my house or go to my bed,

4 I will allow no sleep to my eyes, no slumber to my eyelids,

5 till I find a place for the LORD, a dwelling for the Mighty One of Jacob.”

6 We heard it in Ephrathah, we came upon it in the fields of Jaar:

7 “Let us go to his dwelling place, let us worship at his footstool—

8 arise, O LORD, and come to your resting place, you and the ark of your might.

9 May your priests be clothed with righteousness; may your saints sing for joy.”

10 For the sake of David your servant, do not reject your anointed one.

11 The LORD swore an oath to David, a sure oath that he will not revoke:

“One of your own descendants I will place on your throne—

12 if your sons keep my covenant and the statutes I teach them,

then their sons will sit on your throne for ever and ever.”

13 For the LORD has chosen Zion, he has desired it for his dwelling:

14 “This is my resting place for ever and ever; here I will sit enthroned, for I have desired it—

15 I will bless her with abundant provisions; her poor will I satisfy with food.

16 I will clothe her priests with salvation, and her saints will ever sing for joy.

17 “Here I will make a horn grow for David and set up a lamp for my anointed one.

18 I will clothe his enemies with shame, but the crown on his head will be resplendent.”

Write your own one-sentence summary of this psalm.

Notice the two halves of the psalm, 1-10 and 11-18. What actions in 2 and 11 connect the halves?

What history is the psalm reviewing in verses 2-5?

What history is the psalm reviewing in verses 6-9?

What oath did the LORD swear?

In the first half verses 8-10 are a prayer. How does the LORD answer the prayer in the second half?

Verse 9 says *clothed with righteousness* and verse 16 *with salvation*. How do the two fit together?

Who are the saints, and what do they do (9 and 16)?

How did the LORD keep the words he spoke in verse 12?

How has the LORD kept the words he spoke in verses 17-18?

What makes this *song of ascents* different from the others?

How does this *song of ascents* connect with the others?