

## *Songs of Ascents: 133, 134*

## *Psalms that lift the soul*

Last week we covered Psalms 131 and 132.

In Psalm 131 David compared his soul to a quiet and content little child.

Psalm 132 recalled the promises God swore to David, including a very special descendant.

*Zion* appears seven times in the songs of ascents (twice in this lesson).

Why is the name *Zion* one of the key words in the songs of ascents?

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### ***Psalm 133***

*A song of ascents. Of David.*

*1 How good and pleasant it is when brothers live together in unity!*

*2 It is like precious oil poured on the head, running down on the beard,  
running down on Aaron's beard, down on the collar of his robes.*

*3 It is as if the dew of Hermon were falling on Mount Zion.*

*For there the LORD bestows his blessing, even life forevermore.*

Write your own one-sentence summary of this psalm.

Why do you think verse 1 is an exclamation?

The goodness and pleasantness in verse 1 is compared to what in verse 2?

*Moses poured some of the anointing oil on Aaron's head and anointed him (Leviticus 8:12).*

*The LORD has sent me to bestow on them the oil of gladness instead of mourning (Isaiah 61:3).*

*He has made us to be a kingdom and priests to serve his God and Father (Revelation 1:6).*

The goodness and pleasantness in verse 1 is compared to what in verse 3?

Why does the LORD bestow his blessing at Mount Zion?

What blessing does he bestow there?

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**Psalm 134**

*A song of ascents.*

*<sup>1</sup> Praise the LORD, all you servants of the LORD who minister by night in the house of the LORD.*

*<sup>2</sup> Lift up your hands in the sanctuary and praise the LORD.*

*<sup>3</sup> May the LORD, the Maker of heaven and earth, bless you from Zion.*

Write your own one-sentence summary of this psalm.

The opening words are literally “*Bless the LORD.*” How does this connect with Psalm 133?

Who is speaking, and who is being addressed in verses 1-2?

Who is speaking, and who is being addressed in verse 3?

Why do think the LORD is here described as *the Maker of heaven and earth*?

*My help comes from the LORD, the Maker of heaven and earth* (Psalm 121:2).

*Our help is in the name of the LORD, the Maker of heaven and earth* (Psalm 124:8).

Compare where the songs began (Psalm 120) to where the songs end up (Psalms 133-134).

Here are some unifying elements among the songs of ascents:

- *Zion* is mentioned 7 times.
- *Jerusalem* is mentioned 5 times.
- *House* is mentioned 7 times.
- *The Maker of heaven and earth* is mentioned 3 times.
- The name *the LORD* is used 51 times. *God* is used 2 times (both times *the LORD our God*).
- *David* wrote 4 of the songs (and Solomon 1). Another song, Psalm 132, focuses on David.
- They are short compositions (except Psalm 132) using many similes (*like/as*).

The songs of ascents seemed to be arranged in a pattern.

Pairs of songs match, with the last song (Psalm 134) serving as a closing.

Psalm	Connectors	Psalm
120	I live among those who hate peace How good and pleasant to live in unity	133
121	The Watcher of Israel neither slumbers nor sleeps I will allow myself no sleep, no slumber	132
122	of David May there be security within your citadels I have stilled and quieted my soul	131
123	Have mercy on us, O LORD, have mercy on us Let your ears be attentive to my cry for mercy	130
124	If the Lord had not been on our side—let Israel say—if.. They have oppressed me from my youth—let Israel say—they...	129
125	Peace be upon Israel Peace be upon Israel	128
126	The LORD restored the fortunes of Zion Those who sow in tears reap with songs of joy The LORD builds the house The builders do not labor in vain	127

These are wonderful psalms to review as we make our weekly pilgrimage to the Lord's house.

These are wonderful psalms to review as we make our life-long pilgrimage to heaven.