



Psalm 120

Explain the Context:

From your reading provide a short answer to the following:

What is the theme of these verses?	What is the BIG Idea?
What is something that surprised you?	What are these verses <i>not</i> saying?

Take a moment to consider these questions:

- 1) The Hebrew transliteration for ascent is *ma'aloth*, which means – “to go up”. How does Psalm 120 help the pilgrim to begin their journey?

- 2) The word “distress” in verse 1 suggests a level of deep desperation. Have you felt this way on your spiritual “ascent”? If so, how?

3) In verse 2 the Psalmist begs God to protect them “from lips that lie, and tongues poisoned with deceit”. This can be read as “protection from others” and “protection from ourselves”. Think through both interpretations and write how both can be true in your life.

4) Verse 5 speaks of being a foreigner wandering in a desert place and living in a tent. In what ways might your life feel this way at the present time. What hope do you have for a more permanent place?

5) What does (real) peace look like to you?

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Apply the Scripture

Write the verse that stood out to you while reading [in this translation or your favorite].

How does this verse challenge you? Does it reveal an attribute of God's character?

For further study:

- Jonah 2:2
- Proverbs 12:22

