



THE  
HEART  
OF  
WORSHIP

A Joyful Pilgrimage

The Psalms of Ascent

Moses – Ps 90

Solomon – Ps 72; 127

David – 76 Psalms (at least)

Sons of Korah – 10 Psalms

Heman – Ps 88

Jeduthun – Ps 89

Asaph – 12 Psalms

# Levi

Gershom

Kohath  
(Korah)

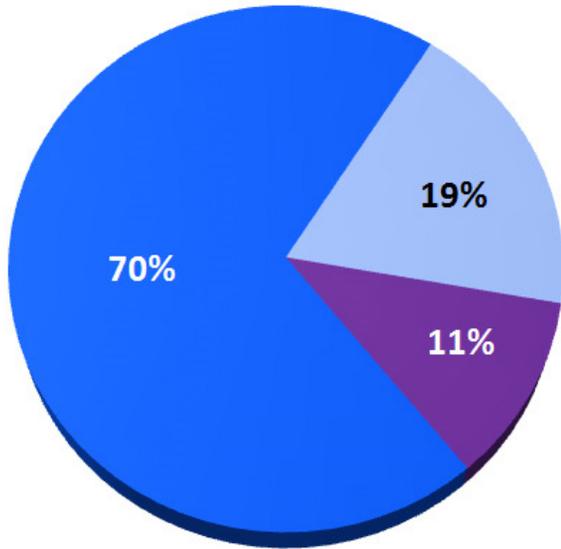
Merari

Asaph

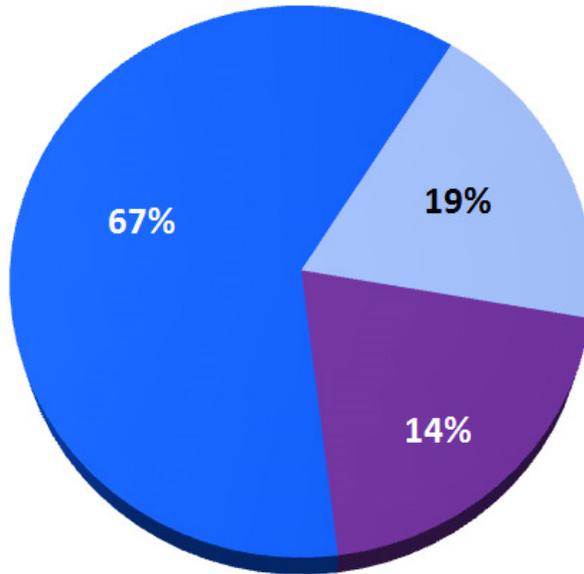
Heman

Jeduthun  
(Ethan)

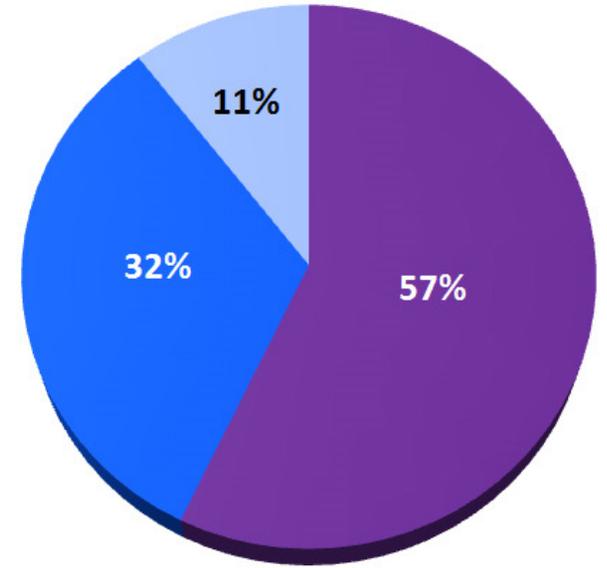
The Psalms



Early Hymns



Contemporary Hymns,  
"Songs of Faith & Praise"



- Direct Adoration
- Indirect Adoration
- About godly living

“Blessed be to the Lord, the  
God of Israel”

Book I – (Ps 1-41) 41:13

Book II – (Ps 42-72) 72:18

Book III – (Ps 73-89) 89:52

Book IV – (Ps 90-106) 106:48

Book V – (Ps 107-150) 150:6

The “Hallel” – (Ps 113-118)

The “Great Hallel” – (Ps 136)

The “Hallelujah” – (Ps 146-150)

The Songs of Ascent – (Ps 120-134)



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<sup>16</sup> Three times a year all your men must appear before the Lord your God at the place he will choose: at the Feast of Unleavened Bread, the Feast of Weeks and the Feast of Tabernacles. No man should appear before the Lord empty-handed:

Dt. 16:16

# Sukkah 5:4-5



*“On the fifteen steps which led into the women’s court, corresponding with the fifteen songs of degrees, stood the Levites, with their musical instruments, and sang”*



<sup>2</sup> Save me, O Lord, from lying lips and from deceitful tongues.

<sup>5</sup> Woe to me that I dwell in Meshech, that I live among the tents of Kedar!

Psalm 120

<sup>1</sup> I lift up my eyes to the hills-  
Where does my help come  
from?

<sup>2</sup> My help comes from the Lord,  
the Maker of heaven and earth.

<sup>3</sup> He will not let your foot slip ...

Psalm 121

<sup>1</sup> I rejoiced with those who said to me, “Let us go to the house of the Lord.”

<sup>2</sup> Our feet are standing in your gates, O Jerusalem...

<sup>4</sup> That is where the tribes go up!

Psalm 122

<sup>1</sup> I lift up my eyes to you, to you  
whose throne is in heaven ...

<sup>4</sup> We have endured much  
ridicule from the proud, much  
contempt from the arrogant.

Psalm 123

<sup>1</sup> If the Lord had not been on  
our side – Let Israel say –  
“if the Lord had not been on  
our side”

Psalm 124

<sup>3</sup> ... they would have  
swallowed us alive,  
<sup>4</sup> the flood would have  
engulfed us, the torrent  
would have swept over us,  
<sup>5</sup> the raging waters would  
have swept us away.

Psalm 124

<sup>1</sup> Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever.

<sup>2</sup> As the mountains surround Jerusalem, so the Lord surrounds his people

Psalm 125

<sup>1</sup> When the Lord brought back the captives to Zion, we were like men who dreamed.

<sup>2</sup> Our mouths were filled with laughter, our tongues with songs of joy.

Psalm 126

<sup>5</sup> Those who sow in tears will  
reap with songs of joy.

<sup>6</sup> He who goes out weeping,  
carrying seed to sow,  
Will return with songs of joy,  
carrying sheaves with him.

Psalm 126

<sup>1</sup> Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain.

Psalm 127

<sup>5</sup> May the Lord bless you from  
Zion all the days of your life;  
May you see the prosperity of  
Jerusalem.

Psalm 128

<sup>2</sup> They have greatly oppressed  
me from my youth – Let Israel  
say –

“they have greatly oppressed  
me from my youth,”

but they have not gained the  
victory over me.

Psalm 129

<sup>4</sup> But the Lord is righteous; he  
has cut me free from the cords  
of the wicked.

Psalm 129

<sup>1</sup> Out of the depths I cry to you,  
O Lord ...

<sup>6</sup> My soul waits for the Lord  
More than the watchmen wait  
for the morning, more than  
watchmen wait for the morning.

Psalm 130

<sup>1</sup> My heart is not proud, O Lord,  
my eyes are not haughty ...

<sup>2</sup> But I have stilled and quieted  
my soul; like a weaned child with  
its mother, like a weaned child is  
my soul within me.

Psalm 131

<sup>1</sup> Remember David and all the hardships he endured...

<sup>4</sup> I will not enter my house or go to my bed – I will allow no sleep to my eyes no slumber to my eyelids, till I find a place for the Lord ....

Psalm 132

<sup>7</sup> Let us go to his dwelling place;  
let us worship at his footstool-  
<sup>8</sup> Arise, O Lord, and come to  
your resting place, you and the  
ark of your might.

Psalm 132

<sup>1</sup> How good and pleasant it is  
when brothers live together in  
unity!

<sup>3</sup> It is as if the dew of Hermon  
were falling on Mount Zion.  
For there the Lord bestows his  
blessing, even life forevermore.

Psalm 133

<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!

Psalm 134

<sup>22</sup> But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God. You have come to thousands upon thousands of angels in joyful assembly, <sup>23</sup> to the church of the firstborn ...

Heb 12:22-24



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