

Meditation on Psalm 121-150

By Bev Kilts

In my study Bible, Psalms 120-134 are called the Songs of Ascents – the Pilgrim Psalms. The children of God, the tribes of Israel are on pilgrimage to Jerusalem. Literally an ascent – an upward climb into the Holy City and figuratively a spiritual ascent for the Psalms are being sung as they progress. Remember, the Book of Psalms was their hymnal. The family is going to worship. Along the way they pray for forgiveness; they offer thanksgivings and praises. They are preparing for their time with God. (How well do we prepare for our time of worship?) Tucked into this spiritual journey is Psalm 131 – three lines. Just come before Him humbly, in quietness of spirit, trusting. That’s simple – right? Ah...that it were. But it is exactly what is necessary in order to have that full and rich life with Him as Lord.

Learning to approach God well takes discipline. Spurgeon said of Psalm 131, “it is one of the shortest Psalms to read, but one of the longest to learn.” I think it’s worth it, though. We are taught as children to say “I’m sorry”, to say “please” and “thank you”. If we can learn these simple graces in order to better interact with those around us, shouldn’t we also accord our Heavenly Father the same? Start with “I’m sorry” (confession) followed by “thank you” (praise) and ending with “please”. The first two actions bring us peace, “quietness of the spirit”, and lift us out of our self-centeredness so that when we say “please” it’s with an attitude of “Your will, not mine, be done”. Notice in verse



3, David has taken deliberate action to still and quiet his soul. He doesn’t have to be anxious, to worry – he knows Who holds his hand. His focus is no longer on himself; his trust is in God. You may well ask, “How on earth do I do this?” Undoubtedly with a lot of prayer and determination and remember, David wasn’t a mature follower of God from the beginning – he had to grow “in grace and knowledge” (2 Peter 3:18). One way we can grow is by staying in the Word – reading and rereading those God-inspired writings. I would urge you to return to the Psalms often. Use them in your prayer time. Choose a Psalm, spend a few days living with it, pray that God will guide you, then dig deeply into it and let the words lead you into a deeper recognition of and a deeper relationship with our God. For five weeks we’ve doing exactly this as we’ve journeyed through the Psalms. I’ve been blessed and I hope you have been also.

The Book of Psalms ends with a literal Hallelujah chorus (146-150). They look forward to the final return of Messiah. And look at Chapter 150 – we have a hallelujah chorus with orchestra – singing and playing with all the stops pulled out. Glory to God in the highest, peace on earth has come in the person of the King.

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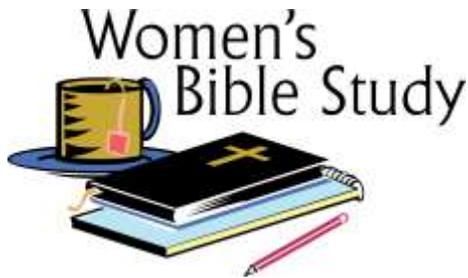
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Church Clean Up Sunday, April 28, 9 a.m.

On Sunday, April 28 we will hold our annual church clean-up event. We will join together to tackle a long list of small projects which will help to freshen up the appearance of our buildings and grounds. You may join us on that date at the church or you can opt to sign up for one or more of the projects which you can then complete in a way that best fits your schedule. The sign-up sheet is on a table in the new foyer, and you can write your job on one of the tags provided for that purpose to remind you to follow through. Please take a look at the list and consider either signing up for a task or two or join us this Sunday as we work on the list together.

Evening Bible Study for Women



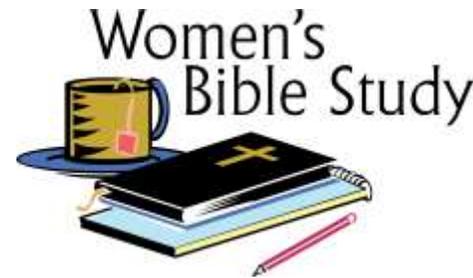
Would you be interested in joining an evening Bible study for ladies of all ages? The study, *Detox: Clearing the Way for Spiritual Wellness*, includes 9 lessons on fear, envy, inadequacy,

people pleasing, biblical illiteracy, pet sins, distraction, disappointment, and unforgiveness. This would be an evening study to accommodate those who work or are in school. It could be done for 4-5 consecutive weeks in May and then for a second 4-5 weeks in Sept/Oct OR could be offered as a once a month study. We would meet Sunday evenings at 6 or 6:30pm or Friday evenings at 6 or 6:30pm. If you are interested please give Ellen Olson your name and preferred day/time and preferred schedule (short term or once a month), so that she can determine if there is enough interest.

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