

Elementary Sunday School Lesson  
April 18, 2010

Northern Lights Baptist Church  
Pastor Gregg Clark

**=Story Behind the Psalm=  
Psalm 120-124**

**NOTE:** *These lessons are designed simply as a guideline. As a Sunday School teacher part of your job is to study the lesson and develop it for the pupils in your class according to their age and spiritual development.*

**Scripture:** Psalms 120-124

**AUTHORS:** Mainly David and Solomon

**The Story Behind the Psalms**

These are called "Psalms of ascension." They were basically travel Psalms. They were used specifically for the three annual feasts. As the Jews would march to Jerusalem for the feast, they would sing these Psalms of ascension. From anywhere in the promised land, it was always "up" to Jerusalem, for Jerusalem was the highest point in the land. So as the people would ascend to Jerusalem, they would sing these songs one after another.

When they arrived at Jerusalem, they would go to the temple. These Psalms were sung on the steps of the temple. Psalm 120 would be sung on the first step, Psalm 121 on the second step, etc. until each Psalm had been sung (there were 15 steps ascending to the temple). Since these were sung going up the steps, they were called "Psalms of ascension." As they are read it should be kept in mind that these were travelers going to the holy city for a feast. Read carefully Psalm 128 and imagine a great group of pilgrims journeying for a time of worship in the beloved city.

**The Way They Were Used by God's People**

Not only were they used for trips to the feasts and to Jerusalem, these were Psalms used for any journey. What a tremendous thing it would be for a Christian family to claim Psalm 128 as they leave on vacation or for a Christian businessman to claim its promises as he leaves for a business trip! In these days of advanced travel, these Psalms should be used over and over again as we journey to and fro.

**Lesson:**

Remember when Jesus was in 12 years old and he was missing, then Mary and Joseph found him in the temple after three days. This was one of the "pilgrimage" to the one of the feast they host every year. And at this feast they'll sing these songs.

### **1. Psalm 120**

a. God will hear your cry, when you call on God. If you're in a battle and you need God, God will be there. If you need God during a test, God will be there. If you need God to protect you from a bully in school, God will be there.

b. Only if you call on him. See God won't deliver you from a trial or a bully from school if you don't call on him. Its like when you were younger and you didn't know how to tie your shoes just yet, so you just spent 30 minutes trying to tie your shoes not knowing a thing about it, when all you have to do is look to your mom and ask for help. Its just like God. God wants to help but he wants you to ask first.

### **2. Psalms 121**

a. God will guide you. It's great to know that we can sing songs like, "God lead his dear children along" or "Follow on" As long as we listen to Him and obey Him.

b. The Lord shall Preserve thee. God will not only preserve the Bible but also you too. Not like preserving you in age or appearance but he will preserve you from the world.

### **3. Psalm 122**

a. God gives a love that nothing else can. Look at verse one, God has given us a house of God to go to. We shall stand with him in his city. We are bonded together like a city. We have friends as family like tribes. We have righteous judgments from Him. Last we have a great peace.

### **4. Psalm 123**

**Memory Verse:**