

Today's Message:

40 Days of Ascent
Psalm 121

40 DAYS OF ASCENT

20⁺ Lent 23

**How many Psalms are there in
the Old Testament?**

150

**How did the Lord lead the children
of Israel at night during their
journey to the Promised Land?**

With a pillar of fire

When Jesus fed the 4,000 how many loaves of bread and how many fish did the disciples have?

7 loaves and a few fish.

After he multiplied the fish and bread, how many baskets full of food were left over?

7 large baskets left.

146 instances in the Bible in which the number 40 is used...

- Great flood in Genesis lasted 40 days.**
- Goliath taunted Israel for 40 days before his defeat.**
- Saul, David, and Solomon all ruled exactly 40 years.**
- The prophet Elijah fasted for 40 days.**
- Moses was on Mt Sinai for 40 days (10 commandments).**
- Israelites wandered in the desert for 40 years.**
- Jesus fasted and prayed in the wilderness for 40 Days.**
- Jesus walked the earth for 40 days after his resurrection.**

LENT: 40 days between Ash Wednesday & Easter Sunday!

Psalm of Ascent

(Psalm 120-134)

Ascent - *“A climb or walk to the summit of a hill or mountain.”*

Psalm 120

Pray for Help & Deliverance!

*“I call on the Lord in my distress,
and He answers me.” Verse 1*

Psalm 121

Trust and Depend on God!

- *My help comes from the Lord, who made heaven and earth. V. 2*
- *The Lord himself watches over you. V. 5*
- *The Lord keeps watch over you as you come and go, both now and forever. V. 8*

Psalm 122

Step into God's presence!

"Let us go to the house of the Lord."

David in verse 1

Ascend upward into the ways of God!

Invite Jesus into your day to day life!

***“The Lord will watch over
your coming and going both
now and forevermore.”***

Psalm 121:8