



Bless & Blessed

- Psalm 134 -



Psalm 134



Behold, bless the Lord, All you servants of the Lord, who by night stand in the house of the Lord! 2 Lift up your hands in the sanctuary, and bless the Lord. 3 The Lord who made heaven and earth bless you from Zion!

An aerial photograph of a winding asphalt road through a dense forest. Several cars are visible on the road, including a white car in the upper left and a white car in the lower right. The text 'SONGS FOR THE ROAD' is overlaid in large, bold, orange letters, centered over the road. The text is enclosed in a thin orange rectangular border.

SONGS FOR THE ROAD

The Psalms of Ascent

PILGRIMAGE

A person with a backpack is walking away from the camera on a wide, sandy beach. The beach is wet, reflecting the sky. In the background, there are mountains under a blue sky with some clouds. The overall color palette is dominated by blues and oranges.

A FAITH JOURNEY WITH GOD TO GOD



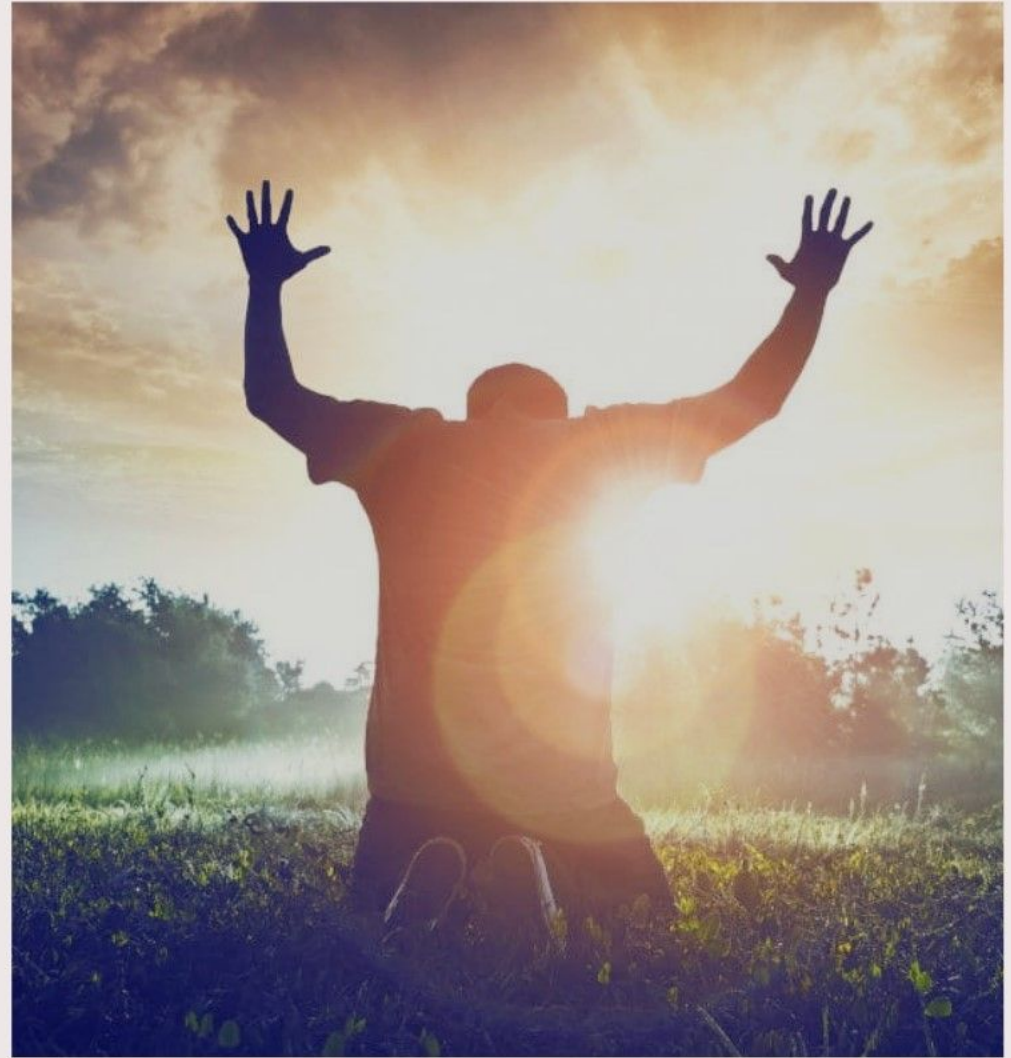
Songs of Ascent

We have discovered in these psalms beautiful lines, piercing insights, dazzling truths, stimulating words. We have found that the world in which these psalms are sung is a world of adventure and challenge, of ardour and meaning. We have realized that while there are certainly difficulties in the way of faith, it cannot by any stretch of the imagination be called dull. It requires everything that is in us; it enlists all our desires and abilities; it gathers our total existence into its songs.

Eugene Peterson



REPENTANCE
Psalm 120



LIFE OF PRAISE
Psalm 134



1 Behold, bless the Lord, all you servants of the Lord, who by night stand in the house of the Lord! 2 Lift up your hands in the sanctuary, and bless the Lord.

(Psalm 134)

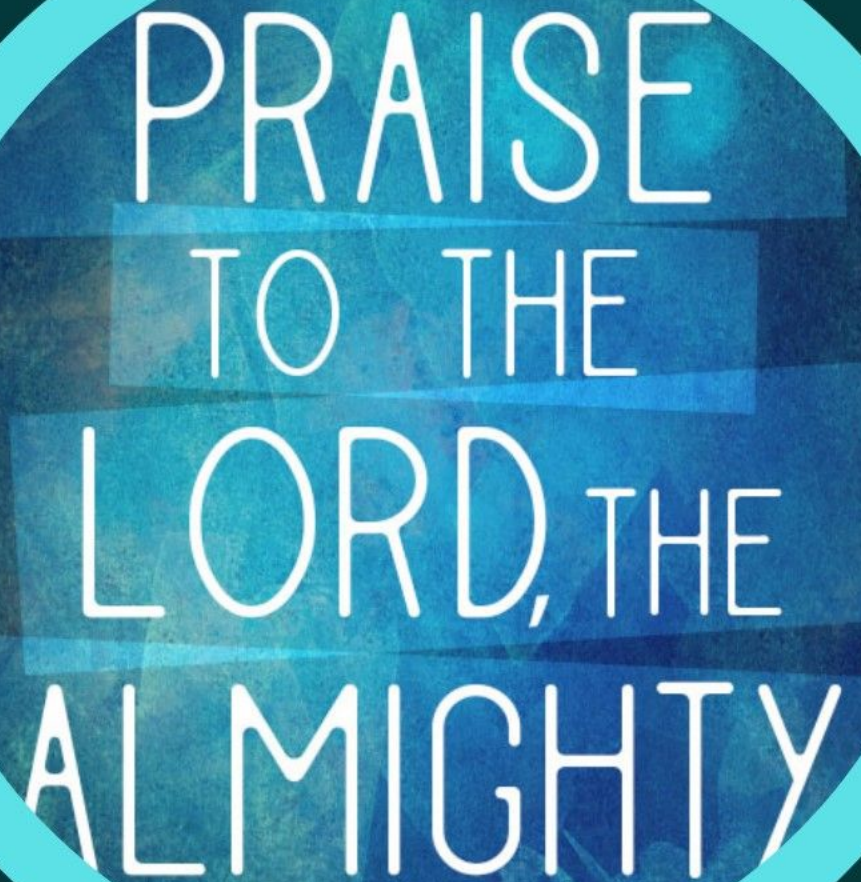


And because God blesses us, we bless God. We respond with that which we have received. We participate in the process that God has initiated and continues. We who are blessed, bless. When the word is used for what people do, it has, in Scripture, the sense of "praise and gratitude for blessing received." The people who learn what it is like to receive the blessing, persons who travel the way of faith experiencing the ways of grace in all kinds of weather and over every kind of terrain, become good at blessing.

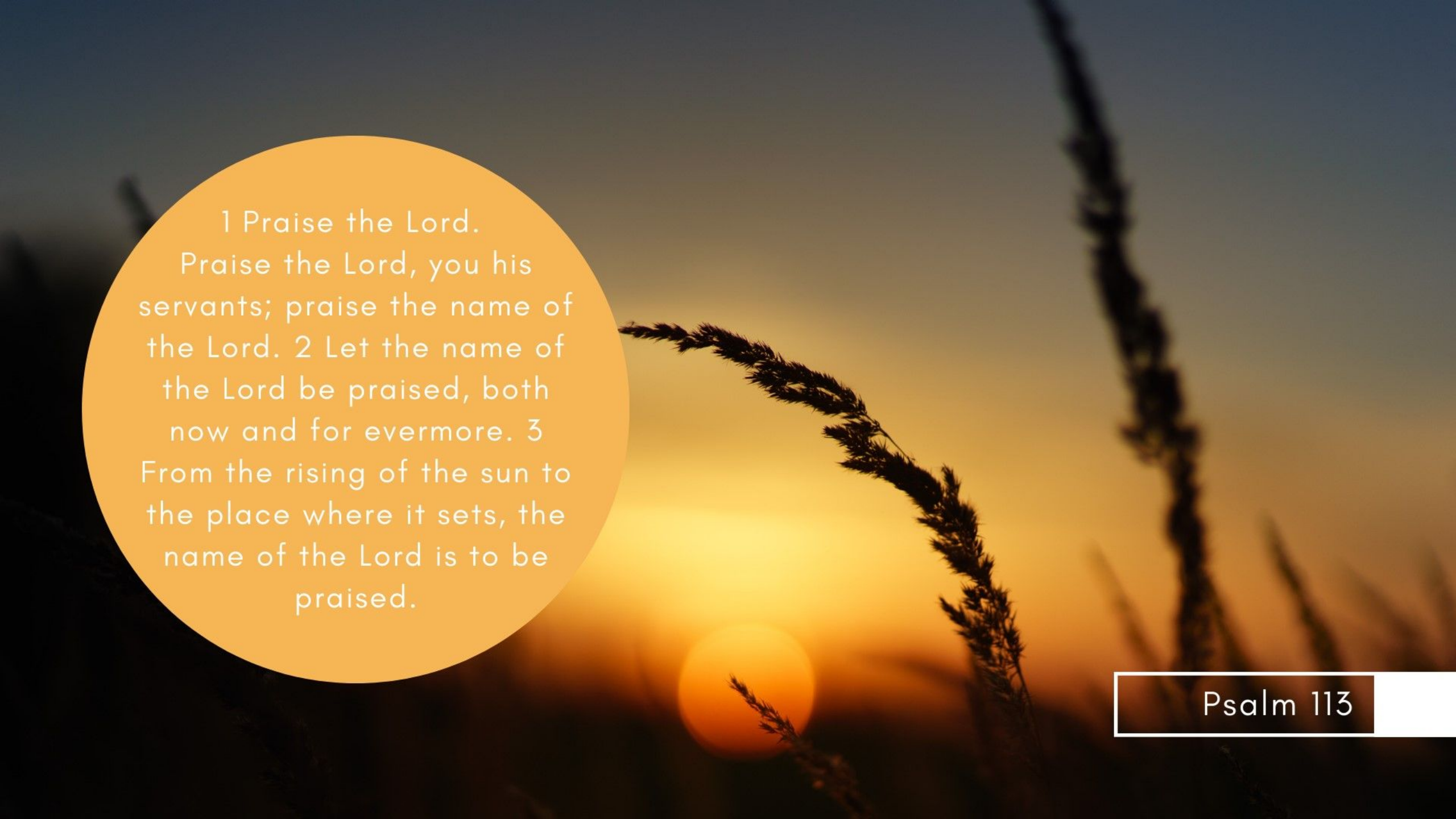
Eugene Peterson

1 CHRONICLES 23

28 The duty of the Levites was to help Aaron's descendants in the service of the temple of the Lord: to be in charge of the courtyards, the side rooms, the purification of all sacred things and the performance of other duties at the house of God. 29 They were in charge of the bread set out on the table, the special flour for the grain offerings, the thin loaves made without yeast, the baking and the mixing, and all measurements of quantity and size. 30 They were also to stand every morning to thank and praise the Lord. They were to do the same in the evening ...



PRAISE
TO THE
LORD, THE
ALMIGHTY

A sunset scene with a large orange circle containing text and a white box with 'Psalm 113' in the bottom right corner. The background is a soft, golden sunset with silhouettes of grasses in the foreground.

1 Praise the Lord.
Praise the Lord, you his
servants; praise the name of
the Lord. 2 Let the name of
the Lord be praised, both
now and for evermore. 3
From the rising of the sun to
the place where it sets, the
name of the Lord is to be
praised.

Psalm 113



9 But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 P E T E R 2

**2 Lift up your hands in
the sanctuary, and
bless the Lord.**

Psalm 134



**For why do men lift their
hands when they pray? Is it
not that their hearts may
be raised at the same time
to God?**

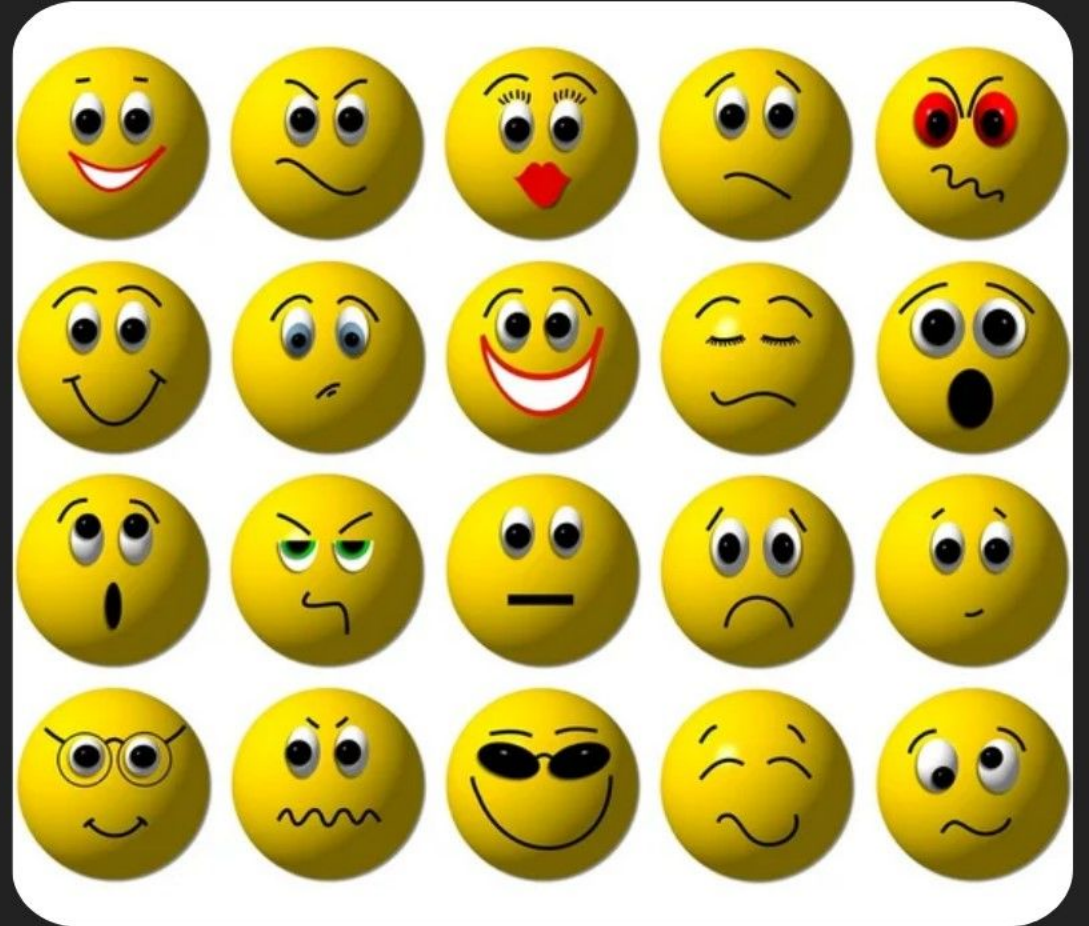
John Calvin

ACT YOURSELF INTO A NEW WAY OF FEELING

By changing our
behaviour,
we can change our
feelings



Don't let
your feelings
run the show



3 The Lord who made heaven and earth
bless you from Zion!

(Psalm 134)



MAKER OF HEAVEN & EARTH



2 My help comes from the Lord, the Maker of heaven and earth.

(Psalm 121)

8 Our help is in the name of the Lord, the Maker of heaven and earth.

(Psalm 124)

**PRESENT HELP
& FUTURE HOPE**

5 Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. 6 He is the Maker of heaven and earth, the sea, and everything in them - he remains faithful for ever. 7 He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, 8 the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous. 9 The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.
(Psalm 146)

PSALM 146:5

blessed

IS HE WHOSE HOPE
IS IN THE LORD



The God Who Stands, Stoops & Stays

The posture of blessing: God stands - he is foundational and dependable; God stoops - he kneels to our level and meets us where we are; God stays - he sticks with us through hard times and good, sharing his life with us in grace and peace.

Carl F.H. Henry

THE LORD
BLESS YOU
FROM ZION



22 But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly, 23 to the church of the firstborn, whose names are written in heaven.
(Hebrews 12)



Praise God from whom
all blessings flow



At The Summit





1 Behold, bless the Lord, all you servants of the Lord, who by night stand in the house of the Lord! 2 Lift up your hands in the sanctuary, and bless the Lord.

(Psalm 134)