



90 Days Through Scripture Daily Worship Resources

Part III

For the remaining five weeks of Lent, our prayer liturgies will focus on the Songs of Ascent. These Psalms (120-134) were often chanted or sung from memory by pilgrims walking to Jerusalem for worship, particularly before Passover. One can imagine weary pilgrims contemplating these short and vivid songs in anticipation of seeing the hill of Jerusalem on the horizon, knowing they were close to meeting with God in his temple. While we do not walk to Jerusalem in anticipation of ceremonial worship, the Bible is full of rich imagery of walking that we can participate in.

Isaiah 2:1-5 paints a stunning image of nations from across the globe streaming to the mountain of God to worship in the "latter days". In this eschatological vision, God will instruct his worshipers and will put an end to all injustice. The mountain of God will be established as the highest mountain, and war will cease. As a response, Isaiah invites God's people to "walk in the light of the LORD." This invitation to walk echoes throughout all of Scripture. God invited Abraham to "walk before him" (Gen 17:1), the Israelites literally walked with God in the wilderness, and the Psalms and Prophets are full of similar language. Jesus himself claimed to be the Light of the World and then called his disciples to "walk while you have the light" (John 12).

In Ephesians, the Apostle Paul encouraged the early church to express their holiness and unity by walking "as children of the

light" (Eph 5:8), not in a way to prove their righteousness, but as the means by which they partook of the blessings of Christ. He called them to sing, give thanks, and to submit to one another out of their connection to Jesus. In other words, the call to walk with God in the Bible illustrates what a life united with Christ looks like.

We too, can express our union with Christ as we walk with him in anticipation of his coming and our resurrection. We do not literally ascend the hill to a temple in Israel, but we can approach the "consuming fire" (Heb 12) of God's presence with us. In this way, the words of the Psalms can prepare us, just like they did for their original audience, to meet with God as we walk in the light of his truth.

The following prayer liturgies have been designed to help you memorize some of the Psalms of Ascent. They are different from the previous liturgies in that they primarily try to help you to slow down in the text. It is easy to try to memorize words or phrases, but slowing down and contemplating each Psalm will not just help you memorize, it will hopefully help you metabolize it too. You should not be compelled to memorize out of guilt, some people will not have the margin to engage in this way, but prayerfully consider how you might internalize these Psalms in the coming weeks. God meets us in special ways when we slow down to anticipate the revelation in his Word. Come, let us walk in the light of the LORD.

SUNDAY

GOD CALLS

Psalm 122 [ESV]

A Song of Ascents. Of David.

- [Read the Psalm.](#)

WE RESPOND

I was glad when they said to me,
“Let us go to the house of the LORD!”
Our feet have been standing
within your gates, O Jerusalem!

Practice Gladness

- *Praise God that the Church is now God's house.*
- *Even while separated by COVID restrictions, anticipate entering God's presence in the company of other believers.*

Jerusalem—built as a city
that is bound firmly together,
to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,
to give thanks to the name of the LORD.
There thrones for judgment were set,
the thrones of the house of David.

Prayer for Worship

Lord Jesus, as you once passionately cleared the temple from selfish leaders, who kept foreigners from worshipping you, we ask that your Spirit would free us from greed and unite your Church across the globe. May the worship we offer you today around the world be the throne on which your lordship is established.

Pray for the peace of Jerusalem!
“May they be secure who love you!
Peace be within your walls
and security within your towers!”
For my brothers and companions’ sake
I will say, “Peace be within you!”
For the sake of the house of the LORD our God,
I will seek your good.

Seek Shalom

- *Consider how you can seek shalom for your church, right now or this week.*
- *Is it an encouraging word or maybe it requires great sacrifice? For the good of your companion, listen to your conscience.*

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|-----------------------------|
| 28-Feb | II Chron 8-10 | II Chron 10 |
| 7-Mar | II Chron 31-32 | II Chron 32 |
| 14-Mar | Matt 1-2 | Matt 1 |
| 21-Mar | Matt 19-20 | Matt 20 |
| 28-Mar | Acts 7-9 | Acts 9 |
| 4-Apr | Rev 22:6-21 | (same) |

* see the reading plan and blog by Matt Koerber at cityreformed.org

SONG: [Gloria Patri](#) | [Glory Be To The Father](#)

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end.
Amen. Amen.

MONDAY

GOD CALLS

Psalm 133 [NIV]

A Song of Ascents. Of David.

- [Read the Psalm.](#)

WE RESPOND

How good and pleasant it is
when God's people live together in unity!

Pray

- *[Father], "The glory that you have given me I have given to them, that they may be one even as we are one." - **John 17:22***
- *Oh God, you dwell in perfect unity, Father, Son, and Holy Spirit. We long to partake of that glory as we live with one another. Unite us as we worship you.*

It is like precious oil poured on the head,
running down on the beard,
running down on Aaron's beard,
down on the collar of his robe.
It is as if the dew of Hermon
were falling on Mount Zion.

Contemplate

- *If you have oil for your skin or hair, use it.*
- *Contemplate how oil seeps into every pore, soaks into your hair, and fills your lungs with fragrance.*
- *Consider ways that you have seen the unity of God's people "soak in" and bless your community.*

For there the Lord bestows his blessing,
even life forevermore.

Give Thanks

- Give thanks that we can partake of some of the future blessings of heaven by expressing our unity.

GOD REVEALS

Scripture Reading

| | | |
|---------------|-----------------|-----------------------------|
| 1-Mar | II Chron 11-13 | II Chron 11 |
| 8-Mar | II Chron 33-36 | II Chron 36 |
| 15-Mar | Matt 3-4 | Matt 4 |
| 22-Mar | Matt 21-23 | Matt 21 |
| 29-Mar | Acts 10-11, 15* | Acts 15 |

* see the reading plan and blog by Matt Koerber at cityreformed.org

WE ABIDE

SONG: [All Creatures of Our God and King](#)

- Music in the back, additional songs [HERE](#).

GOD SENDS

Lord's Prayer

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.

Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors

And lead us not into temptation,
but deliver us from evil.
For yours is the kingdom and the power and the glory forever,
Amen.

WE GO

SONG: [Gloria Patri](#) | [Glory Be To The Father](#)

TUESDAY

GOD CALLS

Psalm 120 [ESV]

A Song of Ascents.

- [Read the Psalm.](#)

WE RESPOND

Through the Eyes of Christ

As you memorize Psalm 120, take time to consider how Christ is reflected in it.

In my distress I called to the LORD,
and he answered me.

Deliver me, O LORD,
from lying lips,
from a deceitful tongue.

Mark 14:55–56 [ESV]

Now the chief priests and the whole council were seeking testimony against Jesus to put him to death, but they found none. For many bore false witness against him, but their testimony did not agree.

What shall be given to you,
and what more shall be done to you,
you deceitful tongue?

A warrior's sharp arrows,
with glowing coals of the broom tree!

Mark 14:62 [ESV]

And Jesus said, "I am, and you will see the Son of Man seated at the right hand of Power, and coming with the clouds of heaven."

Woe to me, that I sojourn in Meshech,
that I dwell among the tents of Kedar!
Too long have I had my dwelling
among those who hate peace.
I am for peace,
but when I speak, they are for war!

John 20:19 [ESV]

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you."

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|--|
| 2-Mar | II Chron 14-16 | II Chron 15 |
| 9-Mar | Daniel 1-3 | Dan 3 |
| 16-Mar | Matt 5-7 | Matt 5 |
| 23-Mar | Matt 24-25 | Matt 24 |
| 30-Mar | Acts 16-17,28* | Acts 16 , 28:17-31 |

* see the reading plan and blog by Matt Koerber at cityreformed.org

WE ABIDE

SONG for Reflection: [Deliver Me \(Psalm 120\)](#)

- Additional songs [HERE](#).

GOD SENDS

Lord's Prayer

WE GO

SONG: [Gloria Patri | Glory Be To The Father](#)

WEDNESDAY

Fasting can be an aid to your scripture memorization. If you decide to do that, consider using your lunch hour, nap time, or otherwise flexible space in your schedule for memorization. As you wait for physical food, hope in God's steadfast love.

GOD CALLS

Psalm 130 [ESV]

A Song of Ascents.

- [Read the full Psalm.](#)

WE RESPOND

Personalize the Psalm

- Between each section, do what the Psalm says, making it your own.

Out of the depths I cry to you, O LORD!
O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!

~~ In your own words, cry out to God ~~

If you, O LORD, should mark iniquities,
O Lord, who could stand?
But with you there is forgiveness,
that you may be feared.

~~ In your own words, confess your sins to God ~~

I wait for the LORD, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

~~ In your own words, name what you are waiting for to God ~~

O Israel, hope in the LORD!
For with the LORD there is steadfast love,
and with him is plentiful redemption.
And he will redeem Israel
from all his iniquities.

~~ in your own words, give thanks for God's forgiveness ~~

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|-----------------------------|
| 3-Mar | II Chron 17-20 | II Chron 20 |
| 10-Mar | Daniel 4-7:14* | Dan 6 |
| 17-Mar | Matt 8-10 | Matt 8 |
| 24-Mar | Matt 26-27 | (same) |
| 31-Mar | Rev 1-3 | Rev 1:1-2:7 |

* see the reading plan and blog by Matt Koerber at cityreformed.org

WE ABIDE

SONG: [From the Depths of Woe](#)

- Music in the back, additional songs [HERE](#).

GOD SENDS

Lord's Prayer

WE GO

SONG: [Gloria Patri | Glory Be To The Father](#)

THURSDAY

GOD CALLS

Psalm 126 [ESV]

A Song of Ascents.

- [*Read the Psalm.*](#)

WE RESPOND

When the LORD restored the fortunes of Zion,
we were like those who dream.
Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
“The LORD has done great things for them.”
The LORD has done great things for us;
we are glad.

Oh God, we can still hear the voices singing, can still smell the aroma of fellowship, and feel the hug of a friend. We can still see every seat filled on Sunday mornings and taste the bread and wine of communion. We were blessed by every standard, but it seems too good to be true. Sometimes it feels like it was all a dream.

- *Spend a moment remembering how good it was to worship together before COVID.*

Restore our fortunes, O LORD,
like streams in the Negeb!
Those who sow in tears
shall reap with shouts of joy!
He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

Give us hope that your provision will rain again and turn our dry ground into a river of blessing. May we plant the seeds of our tears at the foot of the cross and wait for the harvest of joy. May our toil be filled with favor as we find our home in your love.

- *Let the blessing of the past give you hope for the future.*

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|-----------------------------|
| 4-Mar | II Chron 21-22 | II Chron 24 |
| 11-Mar | Ezra 1-4 | Ez 1 |
| 18-Mar | Matt 11-13 | Matt 13 |
| 25-Mar | Matt 28 | (same) |
| 1-Apr | Rev 4 - 6 | Rev 4 |

* see the reading plan and blog by Matt Koerber at cityreformed.org

WE ABIDE

SONG: [Psalm 126](#)

- Music in the back, additional songs [HERE](#).

GOD SENDS

Lord's Prayer

WE GO

SONG: [Gloria Patri | Glory Be To The Father](#)

FRIDAY

GOD CALLS

Psalm 131 [NLT]

A Song of Ascents. Of David.

- [Read the Psalm.](#)

WE RESPOND

Lord, my heart is not proud;
my eyes are not haughty.
I don't concern myself with matters too great
or too awesome for me to grasp.

Prayer Mindfulness

- Become aware of how your body feels.
- Take note of what patterns are dominating your thoughts and desires.

Instead, I have calmed and quieted myself,
like a weaned child who no longer cries for its mother's milk.
Yes, like a weaned child is my soul within me.

Prayer of Reliance

- Open your hands and slow your breathing.
- Admit to God that you are not in control and offer each thought to him as they occur.
- Regardless of how you feel, thank God for his presence with you.

O Israel, put your hope in the Lord—
now and always.

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|---------------------------------|
| 5-Mar | II Chron 25-27 | II Chron 26 |
| 12-Mar | Ezra 5-7 * | Ez 6 |
| 19-Mar | Matt 14-16:12 | Matt 15:1-16:12 |
| 26-Mar | Acts 1-2 | Acts 1:1-2:13 |
| 2-Apr | Rev 18-20* | Rev 20 |

** see the reading plan and blog by Matt Koerber at cityreformed.org*

WE ABIDE

SONG: [Psalm 131](#)

- Music in the back, additional songs [HERE](#).

GOD SENDS

Lord's Prayer

WE GO

SONG: [Gloria Patri | Glory Be To The Father](#)

SATURDAY

GOD CALLS

Psalm 127 [ESV]

A Song of Ascents. Of Solomon.

Unless the LORD builds the house,
those who build it labor in vain.
Unless the LORD watches over the city,
the watchman stays awake in vain.
It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.

Behold, children are a heritage from the LORD,
the fruit of the womb a reward.
Like arrows in the hand of a warrior
are the children of one's youth.
Blessed is the man
who fills his quiver with them!
He shall not be put to shame
when he speaks with his enemies in the gate.

WE RESPOND

This Psalm contrasts two difficult things. Building a house, or pursuing success, requires time and energy. Serving children also requires great sacrifice and often seems to be opposed to personal success. If you have Saturdays off, consider how you can exercise your trust in God for your success by serving children instead. Some ways to do this might be:

- If you have kids, don't spend your whole day doing chores. Celebrate the mess as an expression of their excitement for life.
 - Instead, consider a fun activity you can do with your children (even if they are adults)!

- If you do not have kids, explore how you might still celebrate families, including yours.
 - If you know a family with kids, consider spending time with them, or even offering to help care for the children.

GOD REVEALS

Scripture Reading

| | | |
|---------------|----------------|-----------------------------|
| 6-Mar | II Chron 28-30 | II Chron 29 |
| 13-Mar | Neh 1-3 | Neh 1 |
| 20-Mar | Matt 16:13-18 | (same) |
| 27-Mar | Acts 3-4 | Acts 4 |
| 3-Apr | Rev 21-22:25 | (same) |

** see the reading plan and blog by Matt Koerber at cityreformed.org*

WE ABIDE

SONG for reflection: [Psalm 127](#)

- Additional songs [HERE](#).

GOD SENDS

Lord's Prayer

WE GO

SONG: [Gloria Patri | Glory Be To The Father](#)

All Creatures Of Our God And King



1. All crea - tures of our God and _____ King, _____
 2. Thou rush - ing wind that art so strong, _____
 3. Thou flow - ing wa - ter pure and _____ clear, _____
 4. And all ye souls of ten - der _____ heart, _____
 5. Let all things their cre - a - tor _____ bless, _____



lift up you voice and with us _____ sing, _____ Al - le -
 ye clouds that sail in heav'n a - - - long, _____ O _____
 make mu - sic for thy Lord to _____ hear. Al - le -
 for - giv - ing oth - ers take your _____ part. O _____
 and wor - ship Him in hum - ble - - - ness. _____ O _____



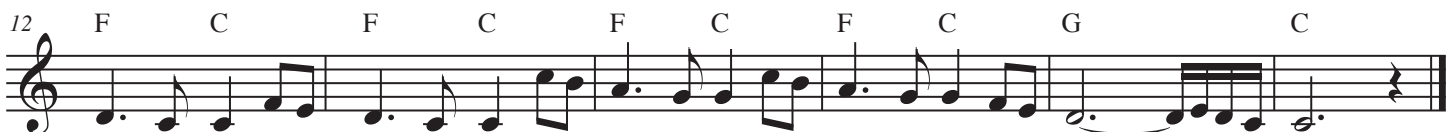
lu - - - ia! Al - le - lu - - - ia! _____
 praise _____ Him! Al - le - lu - - - ia! _____
 lu - - - ia! Al - le - lu - - - ia! _____
 sing _____ ye! Al - le - lu - - - ia! _____
 praise _____ Him! Al - le - lu - - - ia! _____



Thou burn - ing sun with gol - den _____ beam! _____
 Thou ris - ing morn, in praise re - - - joice, _____
 Thou fire so mast - er - ful and _____ bright, _____
 Ye who long pain and sor - row _____ bear, _____
 Praise, priase the Fath - er praise the _____ Son, _____



Thou sil - ver moon with sof - ter _____ gleam! O _____
 Ye lights of even - ing find a _____ voice!
 that giv - est us both warmth and _____ light.
 praise God and on Him cast your _____ care.
 and praise the Spir - it three in _____ one.



praise Him, O _____ praise Him, Al-le - lu - ia! Al-le - lu - ia! Al-le - lu _____ ia!

Psalm 130 | From Depths of Woe [D, 103 bpm, 4/4]

[Psalm 130 - From Depths of Woe] by WORDS: Martin Luther (1524) MUSIC: Christopher Miner...

V1, V2, V3, V4, V5

Verse 1

From the depths of woe I raise to thee
The voice of lamentation;
Lord turn a gracious ear to me
And hear my supplication;
If thou iniquities dost mark
Our secret sins and misdeeds dark
Oh who shall stand before thee? (echo)
2x

Our utmost need it soundeth.
Our shepherd good and true is he,
Who will at last his Israel free
From all their sin and sorrow (echo)
2x

Verse 2

To wash away the crimson stain
Grace, grace alone availeth;
Our works, alas, are all in vain;
In much the best life faileth;
No man can glory in thy sight
All must alike confess thy might
And live alone by mercy (echo) 2x

Verse 3

Therefore my trust is in the Lord,
And not in mine own merit;
On him my soul shall rest, his word
Upholds my fainting spirit;
His promised mercy is my fort,
My comfort, and my sweet support
I wait for it with patience (echo) 2x

Verse 4

What though I wait the livelong night
And 'til the dawn appeareth;
My heart still trusteth in his might;
It doubteth not nor feareth;
Do thus oh ye of Israel's seed,
Ye of the Spirit born indeed
And wait 'til God appeareth (echo) 2x

Verse 5

Though great our sins and sore our
woes,
His grace much more aboundeth;
His helping love no limit knows,

Psalm 126

Am F C

1. Our mouths, they were filled, filled with laugh - ter; _____
 2. The na - tions will say "He has done great things!" _____

9 Am F C

Our tongues, they were loosed, loosed with joy. _____
 The na - tions will sing songs of joy. _____

17 F G F G

Re - store us, O Lord! Re - store us, O Lord!

CHORUS

25 G^{sus} F C G Am

Al - though we are weep - ing, _____ Lord, help us keep sow - ing _____

33 F C G Am

the seeds of your King - dom, _____ for the day you will reap _____ them. _____

41 F C G Am

Your sheaves we will car - ry _____ Lord, please do not tar - ry! _____

49 F Am G C

All those who sow weep - ing will go out with songs of _____ joy.

56

Psalm 131

1. My heart not haugh - ty is, O LORD,
 2. My soul I stilled and qui - et - ed.
 3. Up - on Je - ho - vah let the hope

Chords: D A D A7sus4 A7 D

5 Nor loft - y is my eye; I do not deal in
 I'm like a wean - ed child; As one that to his
 Of Is - ra - el re - ly, Ev'n from the time that

Chords: G D Bm7 E7 A D G A7 D Em7 D

10 mat - ters great Or things for me too high.
 moth - er yields With soul sub - dued and mild.
 pres - ent is To all e - ter - ni - ty.

Chords: D G D7 G Em7 D A9 F#m A7 D