

Study Guide July 5 & 6
Keep Calm and Change Your Surroundings

Read:

Deuteronomy 12:5:14 and 16:16-17

Psalms 120 through 134 (not as lengthy as you might think)

The Psalms of Ascents are believed to be the songs that the people of Israel sang as they made their three pilgrimages to Jerusalem each year.

Deuteronomy 12 and 16 contain the command of God for the men (though many travelled with family) to make this trip. They are called “Songs of Ascents”, we believe, because the pilgrims made their way up in elevation to the city of Jerusalem, and most notably, the Temple. They can also refer to the Exodus-- the journey from the depths of slavery in Egypt to the heights of freedom in the promised land.

For the disciple of Christ, one can easily make a comparison with his journey from the depths of slavery in sin to the heights of freedom now experienced in Christ. Remember, Psalms are poetry—lyrical.

Dwell on this material patiently. It is, after all, a journey to be taken slowly. Keep calm and carry on.