

THE ASCENT

PSALMS 120-134

PART 7
Joyfulness





Psalm 126

1 When the LORD brought back the captives to Zion, we were like men who dreamed.

2 Our mouths were filled with laughter, our tongues with songs of joy.

Then it was said among the nations, "The LORD has done great things for them."

3 The LORD has done great things for us, and we are filled with joy.

Psalm 126

4 Restore our fortunes, O LORD, like streams in the Negev.

5 Those who sow in tears will reap with songs of joy.

6 He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

Common Desire *for* Joy

HAPPINESS

comes from the root word meaning
“Luck” or “Circumstances”

Happiness depends on Happenings

Common Desire *for* Joy

JOYFULNESS

comes from the root word meaning “

“Cheerfulness””

To leap with delight or being exceedingly glad





Clear Description for Joy!

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy...

1 PETER 1:8



*We sing, make a joyful
noise unto the Lord,
while our faces reflect the
sadness of one who has
just buried a rich aunt
who left everything to
her pet hamster.*

ERMA BOMBACK

Then, inexplicably,
Two Life Lessons on Joy!

Joy comes when you...

*Pause to reflect on the
help God has given you*

*When the LORD brought back the captives to Zion,
we were like men who dreamed.*

*Our mouths were filled with laughter, our tongues with
songs of joy.*

*Then it was said among the nations, "The LORD has
done great things for them."*

*The LORD has done great things for us, and we are
filled with joy.*

VERSE 1-3

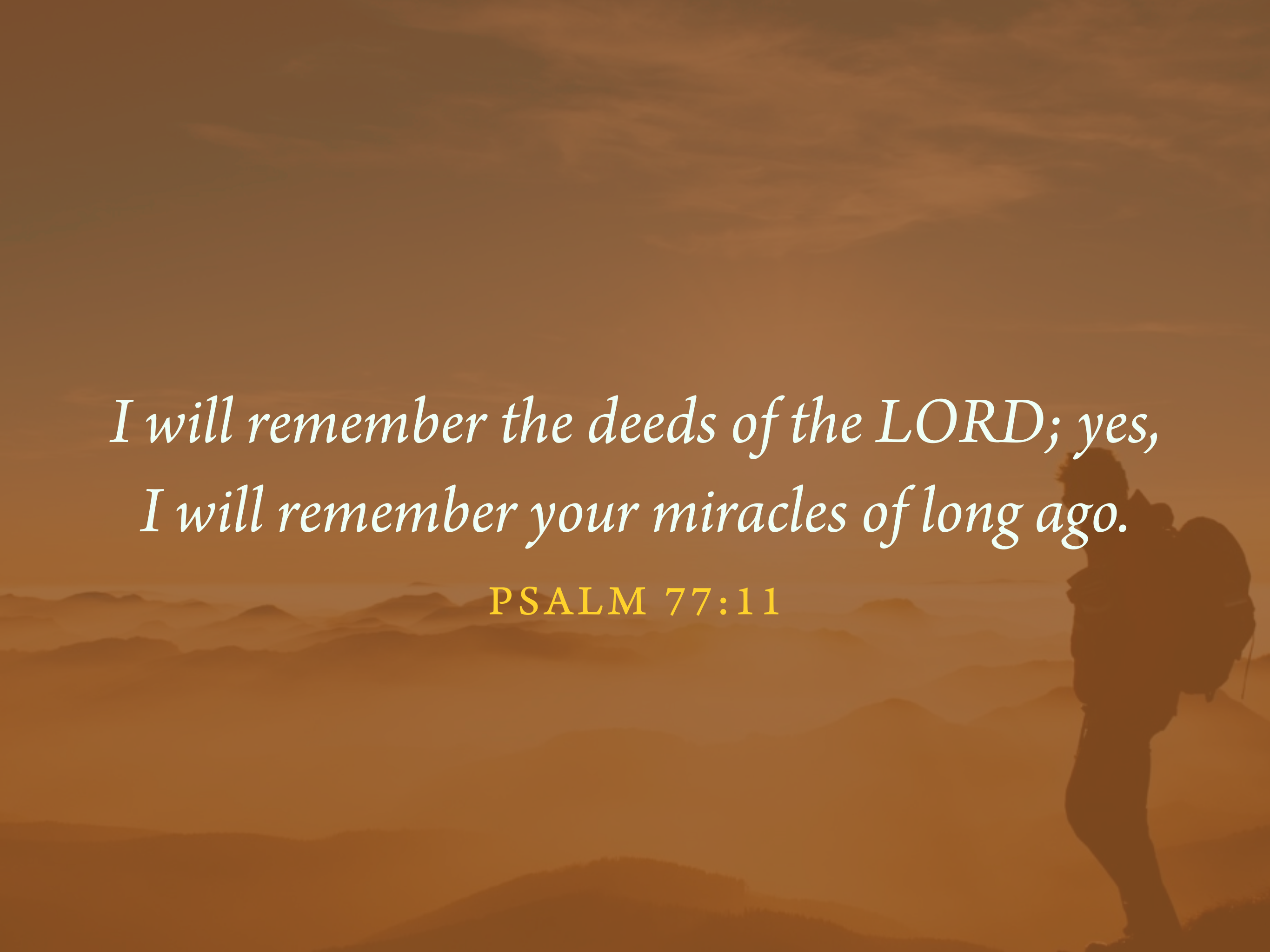
*When the LORD brought back the captives to Zion,
we were like men who dreamed.*

*Our mouths were filled with laughter, our tongues with
songs of joy.*

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done great things for them."*

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VERSE 1-3



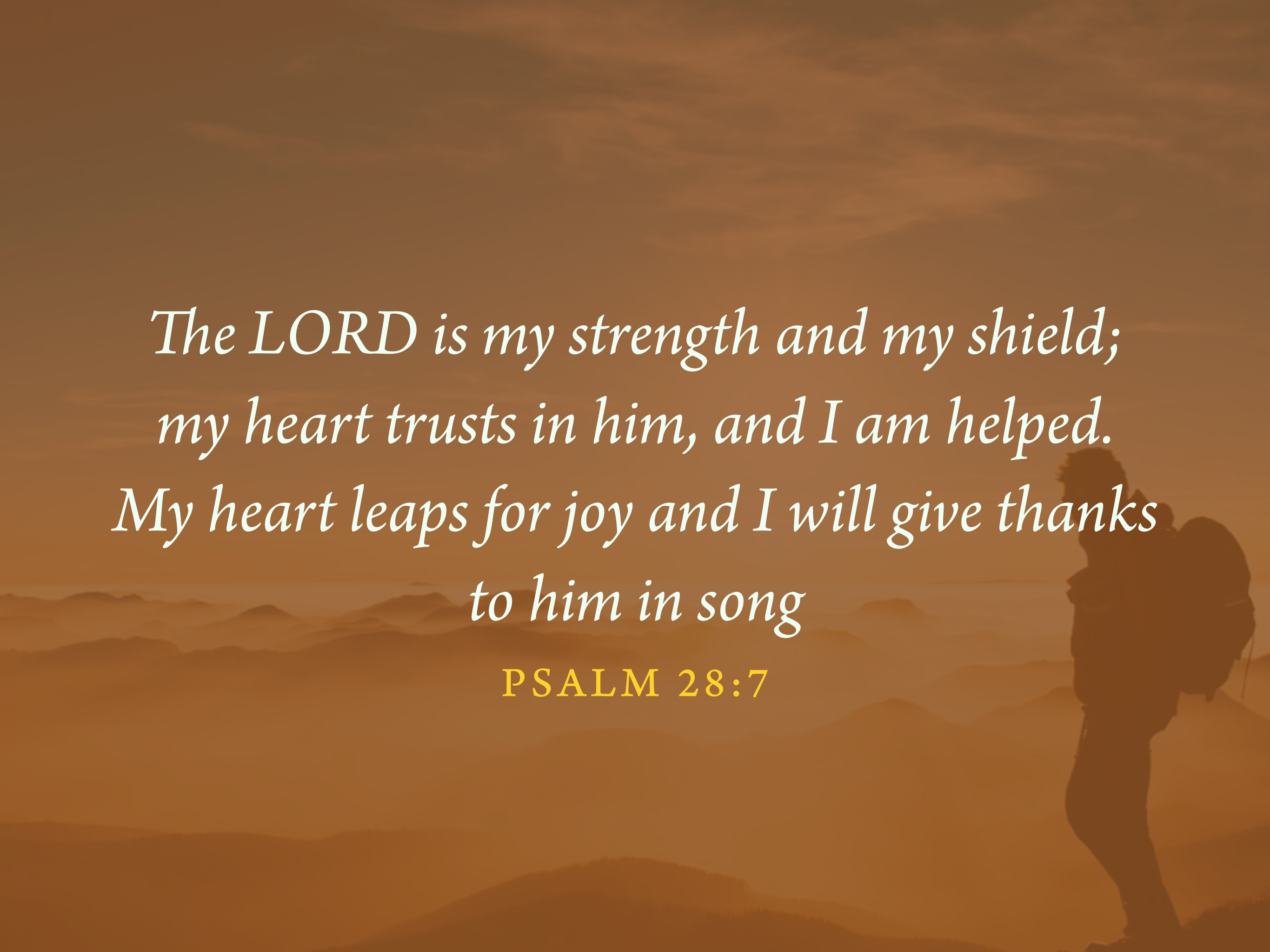
*I will remember the deeds of the LORD; yes,
I will remember your miracles of long ago.*

PSALM 77:11

The background of the image is a solid blue color. In the lower half, there are dark silhouettes of several people climbing a jagged mountain peak. They are using ropes and appear to be in various stages of ascent. The overall mood is one of challenge and achievement.

*Our mouths were filled with **laughter**, our
tongues with **songs of joy**.*

VERSE 2

A hiker with a backpack is silhouetted against a warm, orange sunset sky. The hiker is standing on a mountain ridge, looking out over a vast landscape of rolling hills and mountains. The text is overlaid on the left side of the image.

*The LORD is my strength and my shield;
my heart trusts in him, and I am helped.
My heart leaps for joy and I will give thanks
to him in song*

PSALM 28:7

The background of the image is a solid blue color. In the lower half, there are dark silhouettes of several people climbing a jagged mountain peak. They are using ropes and appear to be in the process of ascending. The overall mood is one of challenge and achievement.

*I will remember the deeds of the LORD; yes,
I will remember your miracles of long ago.*

PSALM 77:11

Joyful, joyful, we adore Thee,
God of glory, Lord of love;

Hearts unfold like flowers
before Thee, Opening to the
sun above.

Melt the clouds of sin and
sadness; Drive the dark of
doubt away;

Giver of immortal gladness,
Fill us with the light of day!

Henry Van Dyke

Then, inexplicably,
Two Life Lessons on Joy!

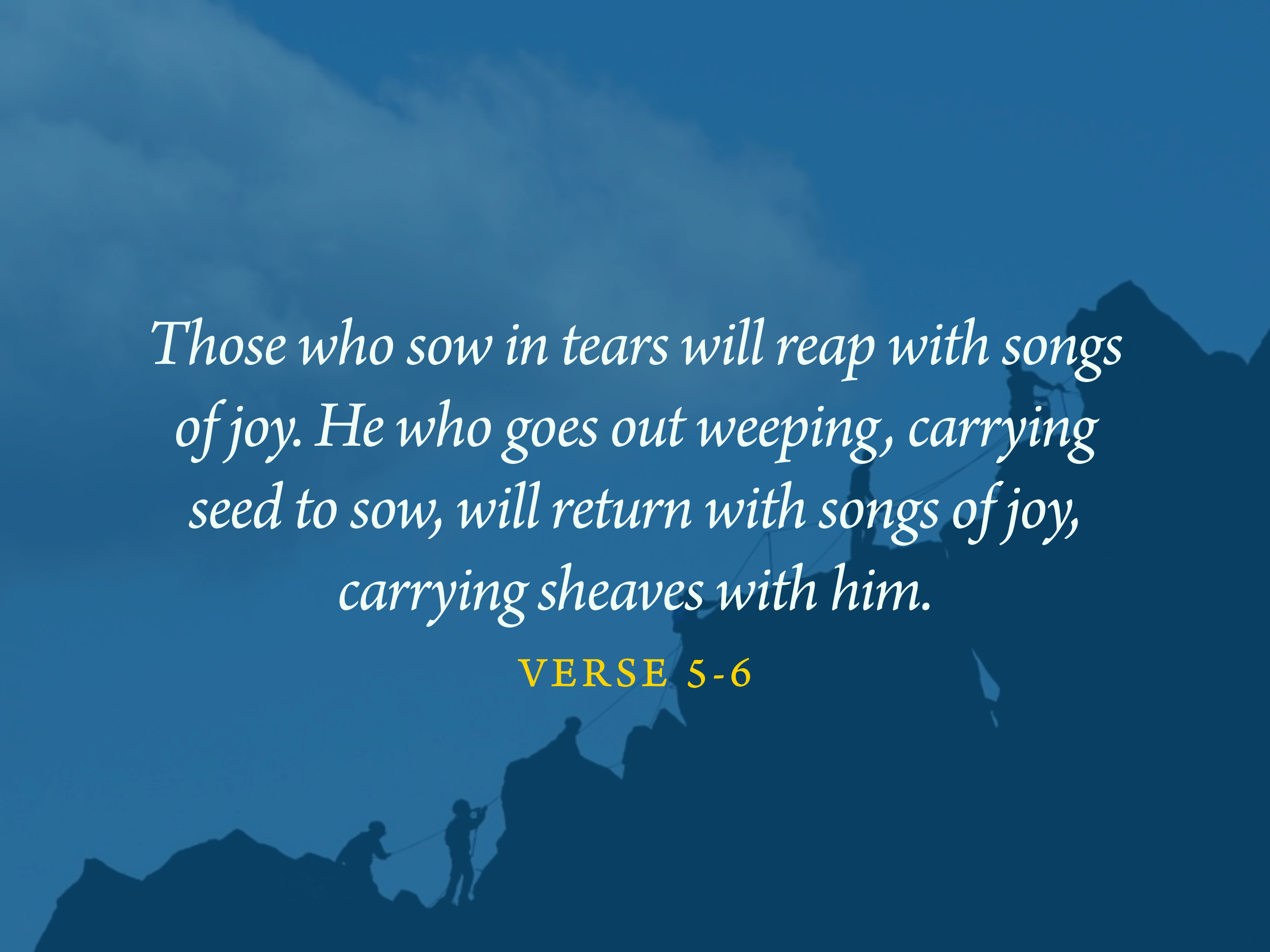
Joy comes when you...

***Pause to refocus on the
hope God has given you***

The background of the image is a solid blue color with a subtle gradient. In the lower half, there are dark silhouettes of several people climbing a jagged, rocky mountain peak. They are using ropes and appear to be in the process of ascending. The overall mood is one of struggle and perseverance.

*Restore our fortunes, O LORD, like streams
in the Negev.*

VERSE 4



*Those who sow in tears will reap with songs
of joy. He who goes out weeping, carrying
seed to sow, will return with songs of joy,
carrying sheaves with him.*

VERSE 5-6