

# The Steps to Conquest

*Message Handout*

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### 1. The psalms of ascent

1. The pilgrims going up to Jerusalem passed through dangers and difficulties three times a year. They developed songs that reminded them of the faithfulness of God in adversity: “In my distress, I called to the Lord and he answered me” (Psalm 120:1 ESV).

### 2. The Lord is my **KEEPER** (Psalm 121).

1. “The Lord is your keeper. . . . The Lord will keep you from all evil; he will keep your life” (vv. 5, 7 ESV).

### 3. The Lord is my **PEACE** (Psalm 122).

1. “Pray for the peace of Jerusalem! May they be secure who love you! Peace be within your walls and security within your towers!” (v. 6 ESV).

### 4. My **EYES** are on the Lord (Psalm 123).

1. “To you I lift up my eyes, O you who are enthroned in the heavens” (v. 1 ESV).

### 5. The Lord is on **MY SIDE** (Psalm 124).

1. “If it had not been the Lord who was **ON OUR SIDE . . .**” (v. 1 ESV). “Our soul has escaped as a bird out of the snare of the trapper” (v. 7 NASB).

### 6. I cannot be **MOVED** (Psalm 125).

1. “Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the Lord surrounds his people ” (vv. 1-2 NKJV).

### 7. My mouth is full of **LAUGHTER** (Psalm 126).

1. “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” (vv. 1-2 ESV).

### 8. God gives me **SLEEP** (Psalm 127).

1. “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” (v. 2 ESV).

### 9. My family is **SAFE** (Psalm 128).

1. “Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. Behold, thus shall the man be blessed who fears the Lord” (vv. 3-4 ESV).