

## Reflections on Psalm 120

### ASCENDING THE STAIRS

(A cry for strength on the journey)

*As I walk through life's dark valley, on earth down here below  
I long for Your mighty presence, and the light from Heaven's warm glow*

*When I'm feeling overwhelmed and anxious, firmly trapped by my untamed fears  
As I take each labored step cautiously, through the deep, dark valley of tears*

*I pray for the courage and conviction, my troubled soul often seems to lack  
As life's dark and ominous shadows, move closer to my tingling back*

*May You open my heart that I learn to show grace  
Removing all desire for revenge, leaving not even a trace*

*Teach me Your righteousness and truth, providing a brand new start  
Soothing my wounds from the enemy's arrows, healing a broken and bleeding heart*

*Reward me with enlightenment, as I arise and face each day  
Remembering You are my Shepherd, and will always know the way*

*You lead me beside Your cool and refreshing streams  
Providing my soul rest and solace, filled with heavenly, peaceful dreams*

*Knowing You will use Your rod and Your staff to gently guide my bruised and battered feet  
And will steady each strained step I take, over the rugged barriers I meet*

*When I thirst and am hungry, my table by You is spread  
And with Your kind and delicate hands, You gently and tenderly anoint my head*

*Oh, Great Jehovah, as I make my ascent toward You  
May Your breath supply the strength, until my journey is through*

*Jerusalem! Oh, Jerusalem! Holy city of truth and grace  
May Your presence be my main stay, while ascending the stairs I face*

## REFLECTIONS ON PSALM 120



### **Psalm 23: 1-3**

**The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside still waters, he restores my soul. He guides me in paths of righteousness for His name's sake.**