

Session 1: Setting Out

Steps to Session Two

Spend time living with Psalm 121 and 122 – two Hebrew songs – each day before session two. You might like to print out the words, or write them and keep them in a bag or pocket. There are also musical versions you might like to listen to, or the Bible being read aloud. Let the psalms infuse your daily life. Next time we'll reflect on that experience together

Music

Ps 121: <https://www.youtube.com/watch?v=Br0vMvewVvE>

Ps 121: https://www.youtube.com/watch?v=X_syWKc3E08

Ps 122: https://www.youtube.com/watch?v=fd1wc6_NfSo

Read

Ps 121: https://www.youtube.com/watch?v=t_auzHMHOm4

Ps 122: <https://www.youtube.com/watch?v=4Onl5lemLig>

Psalm 121

1 I lift up my eyes to the hills;
from where is my help to come?

2 My help comes from the Lord,
the maker of heaven and earth.

3 He will not suffer your foot to stumble;
he who watches over you will not sleep.

4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep.

5 The Lord himself watches over you;
the Lord is your shade at your right hand,

6 So that the sun shall not strike you by day,
neither the moon by night.

7 The Lord shall keep you from all evil;
it is he who shall keep your soul.

8 The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.

Psalm 122

1 I was glad when they said to me,
'Let us go to the house of the Lord.'

2 And now our feet are standing
within your gates, O Jerusalem;

3 Jerusalem, built as a city
that is at unity in itself.

4 Thither the tribes go up, the tribes of the Lord,
as is decreed for Israel,
to give thanks to the name of the Lord.

5 For there are set the thrones of judgement,
the thrones of the house of David.

6 O pray for the peace of Jerusalem:
'May they prosper who love you.

7 'Peace be within your walls
and tranquillity within your palaces.'

8 For my kindred and companions' sake,
I will pray that peace be with you.

9 For the sake of the house of the Lord our God,
I will seek to do you good.