

Finding Yourself in the Psalms
Psalm 120
A Psalm For Those Who Cry Out to God

Psalm 113-118 The Hallel Psalms
Psalm 119 The SCRIPTURE Psalm
Psalms 120-134 The Songs of Ascent (degrees)

10 anonymous Psalms
4 of David
1 of Solomon

5 groups of 3 Psalms - 2 anonymous, 1 of another author

Possibilities:

1. An worship collection of King Hezekiah
 - a. 10 anonymous Psalms written by Hezekiah
 - b. (Isaiah 38:20) *"The Lord will save me, and we will sing with stringed instruments all the days of our lives in the temple of the Lord."*
 - c. He added 5 Psalms to commemorate the Lord's additional **15 years** added to his life. 2 Kings 20:6, 8
 - d. The "degrees" represent the degrees that the son went back on the steps in the Temple (the stairway of Ahaz). 2 Kings 20:8-11 same word as the superscription of Psalms 120-134. (Isaiah 38:8) *"I will make the shadow cast by the sun go back the ten **steps** it has gone down on the stairway of Ahaz."* *"So the sunlight went back the ten **steps** it had gone down."*
2. Songs sung by degrees (antiphonally)
3. Songs sung on the journey of the Captives from Babylon back to Jerusalem
4. Songs for each of the Temple steps
5. **Songs for the 3 pilgrimages to Jerusalem.**

Psalm 120. Calling on the Lord in Time of Need

- I. Problems for the Psalmist
 - A. Distress. *Qara*. "To cry - to call out - to call out someone's name."
(Genesis 4:26) *"Seth also had a son, and he named him Enosh. At that time men began to **call** on the name of the Lord."*
 - B. Deceit. 120:2. People were saying untrue things about him.
 - C. Difficulty. 120:5.
 1. Meshach, Keder. Enemy territory.
 2. He is living in hostile territory.
 3. His enemies want war, not peace.

II. Problems for Us.

A. Distress

1. Psalm 34:4-6
2. Psalm 77:1-2
3. The Lord is **THERE** for us when we call out to him
 - a. (Psalm 86:5) *"You are forgiving and good, O Lord, abounding in love to all who call to you."*
 - b. (Romans 10:12) *"For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him,"*

B. Deceit

1. What do you do when others speak against you?
2. (Matthew 5:11) *"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."*
3. (1 Peter 2:12) *"Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us."*

C. Difficulty

1. We live in a sinful world. (Philippians 2:14-15) *"Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a **crooked and depraved generation**, in which you shine like stars in the universe"*

D. What can we do? CALL on the Lord!

1. (Jeremiah 33:3) *"Call to me and I will answer you and tell you great and unsearchable things you do not know."*