

Lent Midweek Vespers

Up to Jerusalem: The Psalms of Ascent—Psalm 121



March 11, 2020

The Psalms of Ascent

Psalms 120–134 all begin with the title “A Song of Ascents.” Some of these were written by David and one was written by Solomon. Most of these 15 psalms are anonymous. Some of these psalms were likely written as the Judeans returned home after exile in Babylon. Others were probably written to be sung as Israelite pilgrims journeyed to Jerusalem for the three great pilgrimage festivals of Passover, Weeks, and Tabernacles. Since Jerusalem sits on an elevated place, no matter the direction of approach, you always “go up” to Jerusalem. Today the Hebrew term for moving to Israel is still *aliyah*, “going up.” Whatever the occasion of God inspiring them to be written, they are the songs of travel for God’s people. We use the first five of the Psalms of Ascent to accompany us on our Lenten journey, following our Lord on His own journey “up” to the cross.

The Office of Vespers

†-- congregation stands

Hymn 663 *Rise, My Soul, to Watch and Pray*

† Opening Versicles p. 229

† Psalm 121



My help comes | from the LORD,*
who made | heaven and earth.

I lift up my eyes | to the hills.*
From where does my | help come?

My help comes | from the LORD,*
who made | heaven and earth.

He will not let your | foot be moved;*
He who keeps you will not | slumber.

Behold, He who keeps | Israel*
will neither slum- | ber nor sleep.

The LORD is your | keeper;*
the LORD is your shade on your | right hand.

The sun shall not strike | you by day,*
nor the | moon by night.

The LORD will keep you from all | evil;*
He will | keep your life.

The LORD will keep your going out and your | coming in*
from this time forth and for- | evermore.

Glory be to the Father and | to the Son*
and to the Holy | Spirit;
as it was in the be- | ginning,*
is now, and will be forever. | Amen.

My help comes | from the LORD,*
who made | heaven and earth.

Reading from the Passion of Our Lord Jesus Christ: Part 2

After the reading:

O Lord, have mercy on us.

Thanks be to God.

Responsory

1. Deliver me, O Lord, my God, for You are the God of my salvation. *Refrain*

2. In You, O Lord, do I put my trust, leave me not, O Lord, my God. *Refrain*

3. Deliver me, O Lord, my God, for You are the God of my salvation. *Refrain*

Refrain



C Rescue me from my en - e - mies, protect me
from those who rise a - gainst me.

Office Hymn 436 *Go to Dark Gethsemane*

Homily

† Canticle *The Song of Habakkuk*

Refrain sung first by the pastor, then repeated by the congregation.

Refrain



I will re-joice in the LORD; I will take
joy in the God of my sal - va - tion.

Chant Tone



O Lord, I have heard the re - | port of You,*
and Your work, O Lord, | do I fear.

In the midst of the years revive it;
in the midst of the years | make it known;*
in wrath remember | mercy. **Refrain**

God came from | Teman,*
and the Holy One from Mount | Paran.

His splendor covered the | heavens,*
and the earth was full | of His praise.

His brightness was like the light; rays flashed | from His hand;*
and there He | veiled His pow'r.
Before Him went | pestilence,*
and plague followed | at His heels.

He stood and mea- | sured the earth;*
He looked and shook the | nations;
then the eternal mountains were scattered;
the everlasting hills | sank low.*
His were the ever- | lasting ways. *Refrain*

You went out for the salvation of Your | people,*
for the salvation of Your A- | noointed.
You crushed the head of the house of the | wicked,*
laying him bare from | thigh to neck.

Yet I will rejoice | in the Lord;*
I will take joy in the God of my sal- | vation.
God, the Lord, is my strength;
He makes my feet | like the deer's;*
He makes me tread on my high | places.

Glory be to the Father and | to the Son*
and to the Holy | Spirit;
as it was in the be- | ginning,*
is now, and will be forever. | Amen. *Refrain*

† Prayers p. 233 ff.

Hymn 422 *On My Heart Imprint Your Image*

Offerings may be placed in the plate in the narthex.

