

ASCEND

Reflect on a memorable roadtrip, plane ride, or train ride with family and/or friends. What happened?

Psalms of Ascent 126-128 are all about trekking joyfully with family and friends.

Here are our trekking poles:

- Hold hope tight amidst your tears.
- Follow the Lord with holy fear.
- Build with intentional trust.
- Work from deeper rest.

Which one of these is most encouraging to you?

Read and reflect on **Ascent 126**.

What do you discover? How are you encouraged to trek with joy?

Read and reflect on **Ascent 128**.

What do you discover? How are you encouraged to trek with joy?

Read and reflect on **Ascent 127**.

What do you discover about the Lord's view of hard work and rest?

What do you discover about the Lord's view of family and parenting?

Correlate these additional passages:

Ephesians 5:15-20—What's essential for walking in wise ways?

Matthew 11:28-30—What's essential for overcoming weary exhaustion?

Get Ready for Next Week!

Read and reflect on *Psalm 129*.

Also explore the *Lent 2026* reading plan on YouVersion.