

## ASCEND

Recall a cartoon or other TV show that featured enemy characters in conflict. What was truly intriguing and entertaining about how they each handled the opposition?

Read **Psalm 129**. This Psalm of Ascent helps us climb higher when facing opposition, persecution, and relational conflict.

What stands out to you most from this Psalm, its tone and insights?

Review these climb-higher concepts based on Ascent 129:

- Climb higher with honest self-talk, healthy lament.
- Climb higher by lamenting with others.
- Climb higher by refocusing on the Lord's righteous victory!
- Climb higher in Jesus' new and better way.

Which of these really move you right now, and what will you do about such stirring in your soul?

Explore these additional verses correlating with this Ascent:

- **Romans 8:37**
- **Isaiah 53:5; Isaiah 50:6; John 19:1**
- **Matthew 5:43-45**
- **Romans 12:17-21**

How do these challenge you, stretch you, and strengthen your faith?

How will you climb higher when facing enemy opposition?

**Get Ready for Next Week—SERVE STRONG SUNDAY!**

Read **Romans 15:1-6**.