

## Day 1

### Psalm 122

1 A SONG OF ASCENTS. OF DAVID. I was glad when they said to me, "Let us go to the house of the LORD!"

2 Our feet have been standing within your gates, O Jerusalem!

3 Jerusalem- built as a city that is bound firmly together,

4 to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.

5 There thrones for judgment were set, the thrones of the house of David.

6 Pray for the peace of Jerusalem! "May they be secure who love you!"

7 Peace be within your walls and security within your towers!"

8 For my brothers and companions' sake I will say, "Peace be within you!"

9 For the sake of the house of the LORD our God, I will seek your good.

### 1 Corinthians 3:16

16 Do you not know that you are God's temple and that God's Spirit dwells in you?

### 2 Corinthians 6:16

16 What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people."

## Day 2

### Psalm 113

1 Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!

2 Blessed be the name of the LORD from this time forth and forevermore!

3 From the rising of the sun to its setting, the name of the LORD is to be praised!

4 The LORD is high above all nations, and his glory above the heavens!

5 Who is like the LORD our God, who is seated on high,

6 who looks far down on the heavens and the earth?

7 He raises the poor from the dust and lifts the needy from the ash heap,

8 to make them sit with princes, with the princes of his people.

9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

Colossians 1:21-22

21 And you, who once were alienated and hostile in mind, doing evil deeds,  
22 he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him,

2 Corinthians 5:21

21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

### Day 3

Psalms 68

1 TO THE CHOIRMASTER. A PSALM OF DAVID. A SONG. God shall arise, his enemies shall be scattered; and those who hate him shall flee before him!

2 As smoke is driven away, so you shall drive them away; as wax melts before fire, so the wicked shall perish before God!

3 But the righteous shall be glad; they shall exult before God; they shall be jubilant with joy!

4 Sing to God, sing praises to his name; lift up a song to him who rides through the deserts; his name is the LORD; exult before him!

5 Father of the fatherless and protector of widows is God in his holy habitation.

6 God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land.

7 O God, when you went out before your people, when you marched through the wilderness, Selah

8 the earth quaked, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel.

9 Rain in abundance, O God, you shed abroad; you restored your inheritance as it languished;

10 your flock found a dwelling in it; in your goodness, O God, you provided for the needy.

11 The Lord gives the word; the women who announce the news are a great host:

12 "The kings of the armies- they flee, they flee!" The women at home divide the spoil-

13 though you men lie among the sheepfolds- the wings of a dove covered with silver, its pinions with shimmering gold.

14 When the Almighty scatters kings there, let snow fall on Zalmon.

15 O mountain of God, mountain of Bashan; O many-peaked mountain, mountain of Bashan!

16 Why do you look with hatred, O many-peaked mountain, at the mount that God desired for his abode, yes, where the LORD will dwell forever?

17 The chariots of God are twice ten thousand, thousands upon thousands; the Lord is among them; Sinai is now in the sanctuary.

18 You ascended on high, leading a host of captives in your train and receiving gifts among men, even among the rebellious, that the LORD God may dwell there.

19 Blessed be the Lord, who daily bears us up; God is our salvation. Selah

20 Our God is a God of salvation, and to GOD, the Lord, belong deliverances from death.

21 But God will strike the heads of his enemies, the hairy crown of him who walks in his guilty ways.

22 The Lord said, "I will bring them back from Bashan, I will bring them back from the depths of the sea,

23 that you may strike your feet in their blood, that the tongues of your dogs may have their portion from the foe."

24 Your procession is seen, O God, the procession of my God, my King, into the sanctuary-

25 the singers in front, the musicians last, between them virgins playing tambourines:

26 "Bless God in the great congregation, the LORD, O you who are of Israel's fountain!"

27 There is Benjamin, the least of them, in the lead, the princes of Judah in their throng, the princes of Zebulun, the princes of Naphtali.

28 Summon your power, O God, the power, O God, by which you have worked for us.

29 Because of your temple at Jerusalem kings shall bear gifts to you.

30 Rebuke the beasts that dwell among the reeds, the herd of bulls with the calves of the peoples. Trample underfoot those who lust after tribute; scatter the peoples who delight in war.

31 Nobles shall come from Egypt; Cush shall hasten to stretch out her hands to God.

32 O kingdoms of the earth, sing to God; sing praises to the Lord, Selah

33 to him who rides in the heavens, the ancient heavens; behold, he sends out his voice, his mighty voice.

34 Ascribe power to God, whose majesty is over Israel, and whose power is in the skies.

35 Awesome is God from his sanctuary; the God of Israel- he is the one who gives power and strength to his people. Blessed be God!

#### Ephesians 4:7-10

7 But grace was given to each one of us according to the measure of Christ's gift.

8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."

9 ( In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth?

10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.)

#### Luke 24:50-51

50 Then he led them out as far as Bethany, and lifting up his hands he blessed them.

51 While he blessed them, he parted from them and was carried up into heaven.

#### Hebrews 2:14-15

14 Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil,

15 and deliver all those who through fear of death were subject to lifelong slavery.

Romans 15:9-16

9 and in order that the Gentiles might glorify God for his mercy. As it is written, "Therefore I will praise you among the Gentiles, and sing to your name."

10 And again it is said, "Rejoice, O Gentiles, with his people."

11 And again, "Praise the Lord, all you Gentiles, and let all the peoples extol him."

12 And again Isaiah says, "The root of Jesse will come, even he who arises to rule the Gentiles; in him will the Gentiles hope."

13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

14 I myself am satisfied about you, my brothers, that you yourselves are full of goodness, filled with all knowledge and able to instruct one another.

15 But on some points I have written to you very boldly by way of reminder, because of the grace given me by God

16 to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God, so that the offering of the Gentiles may be acceptable, sanctified by the Holy Spirit.

**Day 4**

Psalm 115

1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

2 Why should the nations say, "Where is their God?"

3 Our God is in the heavens; he does all that he pleases.

4 Their idols are silver and gold, the work of human hands.

5 They have mouths, but do not speak; eyes, but do not see.

6 They have ears, but do not hear; noses, but do not smell.

7 They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat.

8 Those who make them become like them; so do all who trust in them.

9 O Israel, trust in the LORD! He is their help and their shield.

10 O house of Aaron, trust in the LORD! He is their help and their shield.

11 You who fear the LORD, trust in the LORD! He is their help and their shield.

12 The LORD has remembered us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;

13 he will bless those who fear the LORD, both the small and the great.

14 May the LORD give you increase, you and your children!

15 May you be blessed by the LORD, who made heaven and earth!

16 The heavens are the LORD's heavens, but the earth he has given to the children of man.

17 The dead do not praise the LORD, nor do any who go down into silence.

18 But we will bless the LORD from this time forth and forevermore. Praise the LORD!

## **Day 5**

Psalm 115 – See Day 4

Psalm 96:1-3

1 Oh sing to the LORD a new song; sing to the LORD, all the earth!

2 Sing to the LORD, bless his name; tell of his salvation from day to day.

3 Declare his glory among the nations, his marvelous works among all the peoples!

Psalm 135:19-20

19 O house of Israel, bless the LORD! O house of Aaron, bless the LORD!

20 O house of Levi, bless the LORD! You who fear the LORD, bless the LORD!