

### **WELCOME TO SOUTHEAST**

Southeast provides relational environments where you can find **Jesus, community, and purpose**.

#### **GET CONNECTED**

God created us for community. If you are interested in serving, participating in a life group, or would like more information about an upcoming event, visit **southeastcc.org** or send an email to **connect@southeastcc.org**.

#### **NEED PRAYER?**

We are honored to pray with you or for you. Join us after services to pray with someone at **southeastcc.org**. You may also submit a prayer request at **southeastcc.org/prayer**.

# **PSALMS OF THE ASCENT - 134**

## NOTES | 11.13.22

Psalm 134 English Standard Version (ESV)

#### A Song of Ascents.

Come, bless the Lord, all you servants of the Lord, who stand by night in the house of the Lord!

Lift up your hands to the holy place and bless the Lord!

May the Lord bless you from Zion, he who made heaven and earth!

## Psalm 145:1-5 | ESV

A Song of Praise. Of David.

I will extol you, my God and King,
and bless your name forever and ever.

Every day I will bless you
and praise your name forever and ever.

Great is the Lord, and greatly to be praised,

and his greatness is unsearchable.

One generation shall commend your works to another, and shall declare your mighty acts.

On the glorious splendor of your majesty,

and on your wondrous works, I will meditate.

# Psalm 103:1-5 | ESV Of David.

Bless the Lord, O my soul,
and all that is within me,
bless his holy name!
Bless the Lord, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.

#### Hebrews 12 | ESV

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation that addresses you as sons?

"My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.

For the Lord disciplines the one he loves, and chastises every son whom he receives."

It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled; that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

For you have not come to what may be touched, a blazing fire and darkness and gloom and a tempest and the sound of a trumpet and a voice whose words made the hearers beg that no further messages be spoken to them. For they could not endure the order that was given, "If even a beast touches the mountain, it shall be stoned." Indeed, so terrifying was the sight that Moses said, "I tremble with fear." But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God, the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse him who is speaking. For if they did not escape when they refused him who warned them on earth, much less will we escape if we reject him who warns from heaven. At that time his voice shook the earth, but now he has promised, "Yet once more I will shake not only the earth but also the heavens." This phrase, "Yet once more," indicates the removal of things that are shaken—that is, things that have been made—in order that the things that cannot be shaken may remain. Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.

# **IMPLICATIONS**

- 1. We don't bless God because things are easy, we bless God Because He is worthy.
- 2. Blessing God is a strong way to pass on our faith to future generations.
- 3. In order to Bless God well, we must let go of all competing distractions.
- 4. Blessing God worships Him with proper reverence and awe.





