

Men's Retreat

Thanksgiving Meal





**P SALTY
LIVING**

Colossians 3:16–17 (CSB)

Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts.

And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.







**P SALTY
LIVING**

“Book of Praises” Sefer Tehillim

סֵפֶר תְּהִלִּים

(SEH-fehr tə-hee-LEEM)



**MAKING THE
PSALMS A PART OF
OUR DAILY LIVES**



• Lament – “My life is broken.
Save me!”

• Wisdom – “Even when life
seems broken, you are
saving me!”

• Imprecatory – “The World is
broken! Judge it and save
your people!”



Psalms of Ascents

The Pilgrim Psalms

43, 46, 48, 84, 87, 120-134



Psalms sung on the way to
worship, or that celebrate
the joys of the Temple

3 major worship events
annually in the life of Israel:
Passover, Pentecost,
Tabernacles



Psalm 121

THE LORD OUR PROTECTOR

A song of ascents.

Psalm 133

LIVING IN HARMONY

A song of ascents. Of David.



Psalm 84



Intense Longing for Worship



Psalm 84:1–2 (CSB)

How lovely is your dwelling
place, LORD of Armies.

I long and yearn for the
courts of the LORD; my heart
and flesh cry out for the
living God.



Psalm 84:3–4 (CSB)

Even a sparrow finds a home,
and a swallow, a nest for herself
where she places her young—
near your altars, LORD of
Armies, my King and my God.
How happy are those who reside
in your house, who praise you
continually. Selah



Immense
Blessings of
Worship



Psalm 84:5–7 (CSB)

Happy are the people whose strength is in you, whose hearts are set on pilgrimage.

As they pass through the Valley of Baca, they make it a source of spring water; even the autumn rain will cover it with blessings.

They go from strength to strength; each appears before God in Zion.



Strength



Psalm 84:10–12 (CSB)

Better a day in your courts than a thousand
anywhere else. I would rather stand at the
threshold of the house of my God than live in
the tents of wicked people.

For the LORD God is a sun and shield. The LORD
grants favor and honor; he does not withhold
the good from those who live with integrity.

Happy is the person who trusts in you,
LORD of Armies!

A close-up photograph of a person's hand reaching upwards in a gesture of prayer or praise. The hand is positioned on the right side of the frame, with fingers slightly spread. The background is dark and out of focus, with some faint light streaks, suggesting a dimly lit interior or a night sky.

Satisfaction



Why pray, sing,
and share the
Psalms of
Ascents?



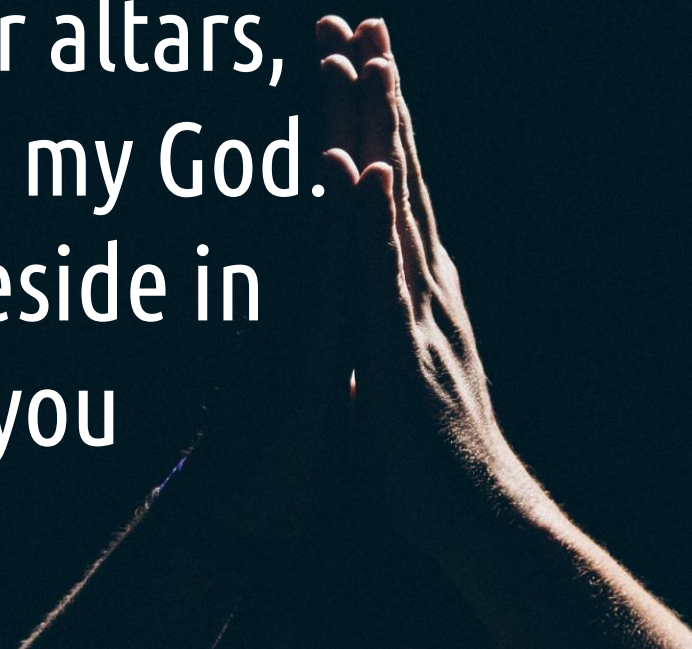
They teach us that
everyone can find
a place in God's
presence.



As a guest in His house...

Psalm 84:3–4 (CSB)

Even a sparrow finds a home, and a swallow, a nest for herself where she places her young— near your altars, LORD of Armies, my King and my God. How happy are those who reside in your house, who praise you continually. Selah

A close-up photograph of a person's hand raised in prayer, with fingers slightly spread and palm facing forward. The hand is illuminated from the side, creating a strong contrast against the dark background. The lighting highlights the texture of the skin and the shape of the hand.

As the Temple of the Spirit...

1 Corinthians 6:19–20 (CSB)

Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body.



They remind us
that worship
begins before
“worship”



Deuteronomy 6:4–9 (CSB)

“Listen, Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart, with all your soul, and with all your strength.

These words that I am giving you today are to be in your heart.

Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up.

Bind them as a sign on your hand and let them be a symbol on your forehead.

Write them on the doorposts of your house and on your city gates.



Philippians 4:4 (CSB)

Rejoice in the Lord

always. I will say it again:

Rejoice!



They teach us that
worship carries
with it strength
and satisfaction



Psalm 84:7 (CSB)

They go from strength to
strength; each appears before
God in Zion.

Psalm 84:12 (CSB)

Happy is the person who trusts in
you, LORD of Armies!



James 4:10 (CSB)

Humble yourselves before the
Lord, and he will exalt you.

1 Peter 5:6 (CSB)

Humble yourselves, therefore,
under the mighty hand of God, so
that he may exalt you at the
proper time,



PSALTY LIVING

**Long for God's presence in
worship**

**Make worship both a lifestyle and
an event**

**If worship doesn't bring strength
and satisfaction, You're doing it
wrong.**



Colossians 3:16–17 (CSB)

Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts.

And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

