



## **Let Us Go Up**

**15-Day Prayer Journey Through  
The Psalms of Ascent**

Prayer Guide for Harvest Church  
August 25 – September 8, 2024

Day 1 - Sunday, August 25

**Psalm 120**

**A Cry for Truth and Peace**

<sup>1</sup> In my distress I cried to the Lord, and He heard me.

<sup>2</sup> Deliver my soul, O Lord, from lying lips and from a deceitful tongue.

<sup>3</sup> What shall be given to you, or what shall be done to you, you false tongue?

<sup>4</sup> Sharp arrows of the warrior, with coals of the broom tree!

<sup>5</sup> Woe is me, that I dwell in Meshech, that I dwell among the tents of Kedar!

<sup>6</sup> My soul has dwelt too long with one who hates peace.

<sup>7</sup> I am for peace; but when I speak, they are for war.

**Prayer Points**

Freedom from the devil's lies – both for ourselves and others.

Declare the truth of God's word over yourself, your family, friends, neighbors – whoever the Holy Spirit puts on your heart.

Forgive and pray for your enemies.

Repent of any worldliness and commit yourself to the will of God.

Day 2 - Monday, August 26

**Psalm 121**

**Our Helper and Keeper**

<sup>1</sup> I will lift up my eyes to the hills—from whence comes my help?

<sup>2</sup> My help comes from the Lord, Who made heaven and earth.

<sup>3</sup> He will not allow your foot to be moved; He who keeps you will not slumber.

<sup>4</sup> Behold, He who keeps Israel shall neither slumber nor sleep.

<sup>5</sup> The Lord is your keeper; the Lord is your shade at your right hand.

<sup>6</sup> The sun shall not strike you by day, nor the moon by night.

<sup>7</sup> The Lord shall preserve you from all evil; He shall preserve your soul.

<sup>8</sup> The Lord shall preserve your going out and your coming in

From this time forth, and even forevermore.

**Prayer Points**

Exalt the name of the Lord. Thank Him for being your helper.

Pray for peace, rest and good sleep for the children of God.

Ask the Lord to help, keep and preserve us in these areas:

Spiritually – “Lead us not into temptation, but deliver us from evil.”

Mentally and emotionally – Those suffering from mental illness, depression, dementia, etc.

Physically – Healing and recovery for the sick; health and protection for all.

Day 3 - Tuesday, August 27

**Psalm 122**

**Jerusalem and the House of God**

<sup>1</sup> I was glad when they said to me, “Let us go into the house of the Lord.”

<sup>2</sup> Our feet have been standing within your gates, O Jerusalem!

<sup>3</sup> Jerusalem is built as a city that is compact together,

<sup>4</sup> Where the tribes go up, the tribes of the Lord,

To the Testimony of Israel, to give thanks to the name of the Lord.

<sup>5</sup> For thrones are set there for judgment, the thrones of the house of David.

<sup>6</sup> Pray for the peace of Jerusalem: “May they prosper who love you.

<sup>7</sup> Peace be within your walls, prosperity within your palaces.”

<sup>8</sup> For the sake of my brethren and companions, I will now say, “Peace be within you.”

<sup>9</sup> Because of the house of the Lord our God I will seek your good.

**Prayer Points**

Pray for Harvest Church – our local “house of God”. Pray for our pastors, staff, elders and ministry leaders, life groups, ministries, outreaches and volunteers.

Pray for each member to find their place and function within the Body of Christ.

Pray for the peace of Jerusalem, Israel and the Jewish people.

Day 4 - Wednesday, August 28

**Psalm 123**

**Our Eyes Look to the Lord**

<sup>1</sup> Unto You I lift up my eyes,

O You who dwell in the heavens.

<sup>2</sup> Behold, as the eyes of servants look to the hand of their masters,

As the eyes of a maid to the hand of her mistress,

So our eyes look to the Lord our God,

Until He has mercy on us.

<sup>3</sup> Have mercy on us, O Lord, have mercy on us!

For we are exceedingly filled with contempt.

<sup>4</sup> Our soul is exceedingly filled

With the scorn of those who are at ease,

With the contempt of the proud.

**Prayer Points**

Check your spiritual posture. Humble yourself before the Lord, with a willingness to wait.

Ask the Holy Spirit to search your heart. Repent of any sin He reveals, and be willing to obey what He directs you to do.

Intercede for your community and nation. Call upon the mercy of God on behalf of those shackled by sin. Be specific. Identify areas where the thief has come to steal, kill and destroy.

Pray for the name of Jesus to be glorified, that those who mock and scoff at Him would believe.

Day 5 - Thursday, August 29

## **Psalm 124**

### **Our Deliverer and Defender**

<sup>1</sup> “If it had not been the Lord who was on our side,” Let Israel now say—

<sup>2</sup> “If it had not been the Lord who was on our side, when men rose up against us,

<sup>3</sup> Then they would have swallowed us alive, when their wrath was kindled against us;

<sup>4</sup> Then the waters would have overwhelmed us, the stream would have gone over our soul;

<sup>5</sup> Then the swollen waters would have gone over our soul.”

<sup>6</sup> Blessed be the Lord, Who has not given us as prey to their teeth.

<sup>7</sup> Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped.

<sup>8</sup> Our help is in the name of the Lord, Who made heaven and earth.

### **Prayer Points**

Thank the Lord for His grace, mercy and protection over your life and family.

Pray for the plots of the wicked to be thwarted, and for the purposes of God to prevail.

Pray for discernment for the Body of Christ, to be alerted to the traps of the enemy.

“Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves.” (Matt. 10:16)

Pray for those who protect and defend our community and nation: military, law enforcement, and emergency responders.

Day 6 - Friday, August 30

**Psalm 125**  
**Righteousness in the Land**

<sup>1</sup> Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever.

<sup>2</sup> As the mountains surround Jerusalem, so the Lord surrounds His people from this time forth and forever.

<sup>3</sup> For the scepter of wickedness shall not rest on the land allotted to the righteous, lest the righteous reach out their hands to iniquity.

<sup>4</sup> Do good, O Lord, to those who are good, and to those who are upright in their hearts.

<sup>5</sup> As for such as turn aside to their crooked ways, the Lord shall lead them away with the workers of iniquity. Peace be upon Israel!

**Prayer Points**

Pray for our government officials – federal, state and local. (see 1 Tim 2:1-4)

Pray for righteousness to prevail in our legislatures, and justice to prevail in our courts.

Pray for God to have His way in the upcoming election. Pray for the right people to be voted into office, and for Christians to exercise their right to vote according to Biblical values.

Pray for us as Christians to be salt and light in the land – to glorify God with our deeds and show the love and character of Christ.

Day 7 - Saturday, August 31

## **Psalm 126**

### **Restoration and Harvest**

<sup>1</sup> When the Lord brought back the captivity of Zion, we were like those who dream.

<sup>2</sup> Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, “The Lord has done great things for them.”

<sup>3</sup> The Lord has done great things for us, and we are glad.

<sup>4</sup> Bring back our captivity, O Lord, as the streams in the South.

<sup>5</sup> Those who sow in tears shall reap in joy.

<sup>6</sup> He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.

### **Prayer Points**

Pray for the lost to be saved and prodigals to return.

Pray for the river of life to freely flow, reviving the church and restoring the broken. Pray for restoration for individuals, families and communities.

Pray for our Harvest Church missionaries and SURGE church planters.

“The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.” (Matt. 9:37-38)

Coastal Pregnancy Center  
ARC of Beaufort County  
Adult & Teen Challenge  
Prison Ministry -  
Hyde County Correctional  
Craven County Correctional  
Victorious Living

House of Hope Int'l  
Mike & April Havlin  
Jamaica  
EME (Greece/Tunisia)  
Eastern Europe (EEM)

Romania –  
Christian Mission to Youth  
The Romanian Project  
Rajan Chinnadurai – India  
Servant Leadership  
Ministries  
India – Sam Francis,  
Sonam Bhutia,  
Pralhad Peter  
Nigeria  
Perú  
Israel  
Taiwan

Evangel Fellowship Int'l  
Covenant Life Fellowship  
East Gate Extension  
SURGE church plants

[harvestchurchnc.com/local-missions/](http://harvestchurchnc.com/local-missions/)

[harvestchurchnc.com/world-missions/](http://harvestchurchnc.com/world-missions/)



Day 8 - Sunday, September 1

**Psalm 127**

**Unless the Lord Builds the House**

1 Unless the Lord builds the house, they labor in vain who build it; unless the Lord guards the city, the watchman stays awake in vain.

2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows;  
For so He gives His beloved sleep.

3 Behold, children are a heritage from the Lord, the fruit of the womb is a reward.

4 Like arrows in the hand of a warrior, so are the children of one's youth.

5 Happy is the man who has his quiver full of them; they shall not be ashamed,  
but shall speak with their enemies in the gate.

**Prayer Points**

Pray for the leadership of Harvest Church – for wisdom in building and growing the people of God and the ministry.

Pray for business leaders, employers and entrepreneurs; also, for believers who are called to build and establish a work. Pray that the Lord would “build the house”.

Pray for parents and guardians – for wisdom, grace and discernment in raising their children.

Pray for the children, that they would be protected as arrows in the quiver and sharpened for the purposes of God. Proclaim victory over the enemy's plans to destroy this young generation. Speak life over them in the Spirit.

Pray for our schools, school board, principals, teachers and coaches.

Day 9 - Monday, September 2

## **Psalm 128**

### **Blessings and Prosperity**

<sup>1</sup> Blessed is every one who fears the Lord, who walks in His ways.

<sup>2</sup> When you eat the labor of your hands, you shall be happy, and it shall be well with you.

<sup>3</sup> Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table.

<sup>4</sup> Behold, thus shall the man be blessed who fears the Lord.

<sup>5</sup> The Lord bless you out of Zion, and may you see the good of Jerusalem all the days of your life.

<sup>6</sup> Yes, may you see your children's children. Peace be upon Israel!

### **Prayer Points**

Thank God for His blessing and provision. Pray for financial provision and breakthrough for your brothers and sisters in Christ.

Pray for our missionaries, that every financial need would be supplied.

Pray for families and marriages to be strengthened.

Pray for those who are asking God to give them children, that their vine would be fruitful.

Pray for our elderly members, that God would grant them health of mind and body, and enrich their latter days.

Day 10 - Tuesday, September 3

## **Psalm 129**

### **The Cry of the Persecuted**

<sup>1</sup> “Many a time they have afflicted me from my youth,” Let Israel now say—

<sup>2</sup> “Many a time they have afflicted me from my youth; yet they have not prevailed against me.

<sup>3</sup> The plowers plowed on my back; they made their furrows long.”

<sup>4</sup> The Lord is righteous; He has cut in pieces the cords of the wicked.

<sup>5</sup> Let all those who hate Zion be put to shame and turned back.

<sup>6</sup> Let them be as the grass on the housetops, which withers before it grows up,

<sup>7</sup> With which the reaper does not fill his hand, nor he who binds sheaves, his arms.

<sup>8</sup> Neither let those who pass by them say, “The blessing of the Lord be upon you; we bless you in the name of the Lord!”

### **Prayer Points**

Pray for Christians being persecuted throughout the world. Be sensitive to a specific region or country that the Lord might lay on your heart.

Pray for Jews facing persecution. We stand against the spirit of antisemitism that has always sought to destroy God’s chosen people.

Pray for the salvation of those persecuting Jews and Christians. Pray also for the plans of the enemy to be turned back.

Pray for the peace and protection of Israel and Jerusalem.

Day 11 - Wednesday, September 4

## **Psalm 130**

### **Waiting for Redemption**

<sup>1</sup> Out of the depths I have cried to You, O Lord;

<sup>2</sup> Lord, hear my voice! Let Your ears be attentive to the voice of my supplications.

<sup>3</sup> If You, Lord, should mark iniquities, O Lord, who could stand?

<sup>4</sup> But there is forgiveness with You, that You may be feared.

<sup>5</sup> I wait for the Lord, my soul waits, and in His word I do hope.

<sup>6</sup> My soul waits for the Lord more than those who watch for the morning—

Yes, more than those who watch for the morning.

<sup>7</sup> O Israel, hope in the Lord; for with the Lord there is mercy, and with Him is abundant redemption.

<sup>8</sup> And He shall redeem Israel from all his iniquities.

### **Prayer Points**

Pray for those in the depths of sin, oppression and despair to cry out to the Lord Jesus.

Pray for baby Christians to move from conversion into discipleship. Pray for their spiritual maturity, that they would become rooted and grounded in the Word.

“Do not be conformed to this world, but be transformed by the renewing of your mind.” (Rom. 12:2) Ask the Lord to reveal to you any worldly, sinful mindsets that need to be removed; then put on the mind of Christ.

Praise the Lord for His abundant redemption, “being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Phil. 1:6)

Day 12 - Thursday, September 5

**Psalm 131**

**Simple Trust in the Lord**

<sup>1</sup> Lord, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me.

<sup>2</sup> Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child *is* my soul within me.

<sup>3</sup> O Israel, hope in the Lord from this time forth and forever.

**Prayer Points**

Spend time today simply enjoying the Lord's presence. Lay down your worries and concerns, and simply trust Him, like a small child in the arms of its mother.

Read about the time that Jesus visited Mary and Martha (Luke 10:38-42). All of us, like Martha, have duties and concerns to see to. Ask Jesus to help you "choose the good part", like Mary did, and to learn how to rest in Him, even in your working and serving.

Day 13 - Friday, September 6

## **Psalm 132**

### **The Messiah Reigns Forever**

- 1 Lord, remember David *and* all his afflictions;
- 2 How he swore to the Lord, *and* vowed to the Mighty One of Jacob:
- 3 “Surely I will not go into the chamber of my house, or go up to the comfort of my bed;
- 4 I will not give sleep to my eyes *or* slumber to my eyelids,
- 5 Until I find a place for the Lord a dwelling place for the Mighty One of Jacob.”
- 6 Behold, we heard of it in Ephrathah; we found it in the fields of the woods.
- 7 Let us go into His tabernacle; let us worship at His footstool.
- 8 Arise, O Lord, to Your resting place, You and the ark of Your strength.
- 9 Let Your priests be clothed with righteousness, and let Your saints shout for joy.
- 10 For Your servant David’s sake, do not turn away the face of Your Anointed.
- 11 The Lord has sworn *in* truth to David; He will not turn from it:  
“I will set upon your throne the fruit of your body.
- 12 If your sons will keep My covenant and My testimony which I shall teach them,  
Their sons also shall sit upon your throne forevermore.”
- 13 For the Lord has chosen Zion; He has desired *it* for His dwelling place:
- 14 “This *is* My resting place forever; here I will dwell, for I have desired it.
- 15 I will abundantly bless her provision; I will satisfy her poor with bread.
- 16 I will also clothe her priests with salvation, and her saints shall shout aloud for joy.
- 17 There I will make the horn of David grow; I will prepare a lamp for My Anointed.
- 18 His enemies I will clothe with shame, but upon Himself His crown shall flourish.”

### **Prayer Points**

Pray for the Jewish people to receive the revelation that Jesus is the Messiah.

Pray again for any prayer points from previous days that the Lord highlighted for you, or that you didn’t have a chance to pray for.

Incorporate praise and worship into your prayer time today and see how the Holy Spirit leads. Worship and intercession go hand-in-hand. (see verses 7 and 9)

Whatever you pray for, pray in the mighty name of Jesus. He is our great high priest who represents us before the Father. “Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.” (Rom. 8:34)

Day 14 - Saturday, September 7

## **Psalm 133**

### **Unity of the Brethren**

<sup>1</sup> Behold, how good and how pleasant *it is* for brethren to dwell together in unity!

<sup>2</sup> *It is* like the precious oil upon the head, running down on the beard, the beard of Aaron, running down on the edge of his garments.

<sup>3</sup> *It is* like the dew of Hermon, descending upon the mountains of Zion; for there the Lord commanded the blessing—life forevermore.

### **Prayer Points**

Pray for unity in our families, our Harvest Church family, and in the Body of Christ at large. (see Eph. 4:1-6)

Pray that the world would see Jesus revealed in our love for one another.

Obey this scripture if applicable: "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift." (Matt. 5:23-24)

Pray for the anointing of the Holy Spirit to be made manifest as we worship in one accord. "And the yoke shall be destroyed because of the anointing." (Isaiah 10:27)

Pray for the gifts of the Spirit to flow through the Ekklesia, both in our gatherings and in the marketplace. Pray for signs, wonders and miracles that bear witness to the gospel of Jesus Christ.

Day 15 - Sunday, September 8

**Psalm 134**  
**Continual Worship and Praise**

<sup>1</sup> Behold, bless the Lord, all *you* servants of the Lord, who by night stand in the house of the Lord!

<sup>2</sup> Lift up your hands *in* the sanctuary, and bless the Lord.

<sup>3</sup> The Lord who made heaven and earth bless you from Zion!

**Prayer Points**

Pray for our worship team, that God would direct and protect them as they lead us into spiritual battle.

Pray for the river of life to flow in our gatherings as we worship before the throne.  
(see Rev. 22:1-2)

Pray for God to take us deeper in worship and intercession. Be willing to go deeper yourself.

Ask the Lord to help you incorporate praise and worship into your daily life. "...Be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ." (Eph. 5:18-20)