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# Journey To Joy: The Psalms Of Ascent



## Synopsis

“True happiness comes from within.” At least that’s what our culture tells us while beating the drum of self-esteem as the route to real joy. But what if this is wrong? What if true joy comes not from within, but from without? What if it comes from God himself? Embedded in the Bible is a little-known guidebook to the lasting joy we long for: the Psalms of Ascent—a set of 15 Psalms that share honestly about the heights and the depths of life while celebrating the faithfulness of God. Helping us to engage and explore Psalms 120–134, pastor Josh Moody offers practical counsel, perceptive insights, and personal experience as a fellow pilgrim on the joy-filled journey to the father heart of God.

## Book Information

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## Customer Reviews

“John Calvin called the book of Psalms a ‘mirror of the soul.’ The psalmists want us to pray these poems as our own prayer to God. They thus help us articulate our heart to God and they minister to us by drawing us close to him. Josh Moody does a masterful job of leading us through the psalms of ascent in a way that touches and transforms our life.” —Tremper Longman III, Robert H. Gundry Professor of Biblical Studies, Westmont College

Josh Moody (PhD, University of Cambridge) serves as the senior pastor of College Church in Wheaton, Illinois, and president of God Centered Life Ministries. He was previously a fellow at Yale University. Josh and his wife have four children.

The author takes you through the "ascent" Psalms in a very methodical, step by step way, but makes you want to learn more ... what did the Author mean? how does this apply to me? I found it very challenging and it actually has changed my attitude toward some things. I would recommend it to anyone who wants to know more about Scripture but especially how it "talks" to me!!

I read this book, as well as Eugene Peterson's "A Long Obedience in the Same Direction", as part of my personal study and preparation for a teaching series on the Psalms of Ascent. While I found Peterson's commentary and explanation more beneficial on average, Josh Moody has provided an enjoyable and accessible read on this collection of psalms. I would recommend this book as a companion devotional to anyone who wants to read a little deeper into the Psalms of Ascent.

Josh Moody explains how the Psalms of Ascent are relevant for today's world. Though he does give background for each psalm, this book isn't a commentary. "Journey to Joy" looks at what the psalmist is going through--whether positive or negative--in each Psalm of Ascent and helps the reader apply the principles to his or her own life. Pastor Moody helps the believer make the journey to the very center of our relationship with God.

This book will help you on your journey wherever you may be in life right now! Dr. Moody is a highly accomplished speaker and writer. He attempts to walk the talk and is a gift to his College Church parishioners. Buy this book...a fabulous investment!

"The Journey Isn't Over" by Walter C. Kaiser, Jr. is better (except for the overly literal interpretations of what Jerusalem means). Moody's book is a good addition for any study of the Songs of Ascent.

A quick helpful read. Not as much detail as I hoped.

A great read about the psalms and learning alot about the joy of them and how to learn about your life

To begin, I have to say that I'm biased. I go to College Church and have the opportunity to hear Pastor Moody preach on a weekly basis. That said, even if I did not know who Josh Moody is, I would still have nothing but excellent things to say about Journey to Joy: The Psalms of

AscentRight off the bat, I found the first chapter to hit me right where I was. The Psalms, particularly the Psalms of Ascent are real in the sense that they tell it like it is...no beating around the bush here or trying to "fancy up" some language for speaking with God; I suspect this is how God wants us to approach him, no pretense, no impressive vocabulary, just pure, raw emotion. Whether begging for protection, singing His praises, expressing contentment and peace in His care, or proclaiming His glory, Journey to Joy: The Psalms of Ascent breaks it down in such a way that I came away with a deeper understanding of each Psalm and how it relates to me, personally. If you're looking to go deeper into the Psalms of Ascent or simply want the reassurance that you're in good company with the fears, praise, sorrow, and joy expressed in the Psalms, this is the book for you!

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