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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

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 Ascent. Right 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!

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!!

This is the first book that I have ever read on the Psalms of Ascent and I must say I really enjoyed it. One thing I really love about these Psalms is the fact that they tell it just like it is. There is a wide variety of emotions seen throughout these psalms that everyone can relate to. I loved Moody's writing style because it didn't come off as so intellectually deep that you didn't want to read past the first chapter. Instead I found myself asking myself questions as I learned so much by reading this book!

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.

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!

Josh Moody, pastor, author, and scholar, has just released *Journey to Joy: The Psalms of Ascent* through Crossway Books, and I have just devoured it. It is deeply biblical, constantly relevant, and compassionately pastoral. Moody has managed to write a book that transcends simple categories. It is a manifesto that publicly declares the rightness of journeying to joy; it is a battle plan that prepares you for the attacks that seek to derail your journey to joy; and it is a roadmap that reveals the true path and exposes the false leads that will be encountered as you journey to joy. I cannot recommend this book highly enough. You need to buy it, you need to read it, and you need to tell

your friends about it.

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