

PSALM 130

Psalm 130 is one of the fifteen Songs of Ascents (Psalms 120 – 134). They were evidently songs used by folks on their pilgrimages up to the temple at Jerusalem for the feasts.

Read Psalm 130. Ask God to show you what it means and ask Him to enable you to make it personal.

Review your memory verses from Psalms.

1. Select one of your past memory verses that has been meaningful to you this year. Write the verse here and tell why you selected this one.

Memorize Psalm 130:7. Write it out here. Say it to someone to check your memorization.

Read Psalm 130 two times 1) \_\_\_\_ 2) \_\_\_\_\_. Use different translations if that's helpful.

2. What image do the words "out of the depths" as used in verse 1 convey to you? That is, tell how you think the writer sees his situation. (Psalm 69:1, 2, 14, 15 give an expanded picture of a similar situation.)

3. From a careful reading of Psalm 130, what had the writer done in this instance? (Notice especially verses 3 and 8. If you are using a translation that uses the word "iniquity," please define that word.)

4. When the writer of this psalm found himself really down, what did he do according to verses 1-4?
  
5. What are some *inadequate* things you sometimes do when you are down about your sin and disappointed in yourself?
  
6. Why is the way mentioned in verses 1-4 the only sufficient route to liberation from shame, guilt and discouragement about your sins?
  
7. *Stop* right now and *think* of that terrible thing you once did or the area in which you are presently prone to fail. (Jot down an initial to remind yourself of it.) Read verses 1-4 and tell God you believe their content *now* for the act or area you mentioned. *Tell Him* you see your efforts to handle or pay for this as inadequate and thank Him for His forgiveness, His amazing grace, and His covenant love (lovingkindness). Now *forget it* and go on as the psalmist does! (This is personal and won't be discussed in class.)

NOTE: This does not mean we should take our sin lightly. We should be sorry for our sin. Peter wept over his (Luke 22:61-62) and Jesus wept over the sins of Jerusalem (Luke 19:41). However, there is a "godly sorrow that leads to repentance (a turning back to God and a desire to be transformed) and a sorrow of the world that leads to death" (2 Corinthians 7:10). If I remain focused on my sin, never getting beyond it to praise the sufficient price Jesus paid for just *this* sin, or if I do not ask Him to transform my deeds, I am left in a dead zone. God wants something more for His children; for you, for me.

8. Verse 4 says that there is forgiveness with God that He may be feared. What kind of fear is meant?

Read verses 5-8.

9. In verses 5 and 6 what does the writer do?

10. What is a watchman?

11. Why is the comparison between a watchman waiting for morning and our waiting for and hoping in the Lord a good comparison to make?

12. What is involved in "waiting" in your life?

13. a. As the writer is liberated from his shut-in gloom and discouragement with self, what is he then free to do? (Verses 7 and 8)

b. In what way is this similar to what Jesus prayed for Peter in Luke 22:31-32?

14. What attributes of God do you see in this psalm?
  
15. Contrast the beginning and the ending of this psalm.
  
16. How do you plan to use the truth of Psalm 130 in your life?
  
17. Is there any way this psalm can help you relate to others more lovingly?
  
18. Read again Psalm 130, praying with the psalmist as you read. Now write out your own prayer based on what you've seen in this psalm and in your life.