

There are times in life when we hit rock bottom. Everything seems so dark and hopeless. We feel like someone drowning in a stormy sea on a dark night. Let's join the writer of Psalm 130, who found help and hope in God.

Psalm 130

1 Out of the depths I cry to You, O Lord!

2 O Lord, hear my voice!

Let Your ears be attentive

To the voice of my pleas of mercy!

3 If You, Lord, should mark iniquities,

O Lord, who could stand?

4 But with You there is forgiveness

That You may be feared.

5 I wait for the Lord, my soul waits,

And in His word I hope.

6 My soul waits for the Lord

More than the watchmen for the

morning;

more than the watchmen for the

morning.

7 O Israel, hope in the Lord;

For with the Lord there is steadfast love,

And with Him is plentiful redemption.

8 And He will redeem Israel from all his

iniquities.

Now that you have read the whole psalm, pray that the Lord will fill **your** heart with this amazing hope.

Read the psalm again, this time put a circle around each word that refers to the **writer of the psalm** and underline each reference to **iniquities**. *Iniquities are cases of wickedly breaking or ignoring God's law.*

1. Looking at verses 1-2, what kind of situation does the writer find himself in?

Mark each reference to the **Lord** with a triangle including pronouns like You, His, He, Him when they refer to Him and underline **mercy, forgiveness, redemption** and **redeem** with a squiggly line.

2. According to verse 3 why is the psalmist crying out to the Lord in despair? Who has sinned? Him? Someone else?

3. According to verse 4 what will the Lord do? For what purpose?
To fear the Lord means to respect and honour Him for whom He is.

4. Number all the phrases starting with "I" and number what the writer is doing at each stage of the psalm.

5. How does his outlook change and why?

6. What does he do when he "cries to the Lord" and "waits for Him"?

Read this psalm again on your own and double underline the word **hope**.

Hope in the Lord is not the "wishful thinking" kind of hope. Rather it's a knowledge that a person knows for certain that God keeps His word, and trusts Him to work out His perfect will in his life.

7. Where does the writer put his hope?

8. What will the Lord do according to verse 7?

To redeem means to buy back. God made us for Himself, but we have gone our own way and so have become slaves of sin. Jesus came into this world to buy us back. He paid for our freedom with His own life. We only have to accept this freedom on His terms – it's His free gift. This is also called redemption.

Israel is another name for God's people.

9. How many of their iniquities are God's people redeemed from? Box it in.

Consequently how many of your iniquities is God able to redeem you from?

Are you living in this reality? What power is continually displayed in your life: God's power to release you from sin (=iniquity) or sins' power over you?

Who do you associate with? Those who confess sin or those who don't even bother about sin? What does this tell about you?

10. According to verse 7, why is the Lord willing to redeem and forgive us and never give up on us?

11. Does God love you too? How do you know?

12. How many of their iniquities can your enemies be redeemed from? How do you know?

13. Which part of this psalm mirrors you? What does this tell you?

14. What title would you give this psalm? Write it here: _____