



Out of the Depths | Psalm 130



September 3, 2023

How does it feel when you are in over your head?

Read Psalm 130:1–8.

What kind of life situation is the psalmist describing, and why is it so hard on him?

What is the first action the psalmist does in his despair, and why is this an important first step?

What are actions and circumstances that can lead us to despair?

What is the purpose of God's patience and forgiveness in our lives in this passage?

Application:

What does godly waiting look like? (read verse 5)

How did Jesus face the depths of despair for us and why?

Name things that we are waiting for as Christians, and what is each hope based on?

How can we be a needed friend to another Christian going through a difficult time?

In conclusion, read 1 Thessalonians 5:23-24.

Prayer:

Lord, help us to hope and wait on the promises from God's word.

Help us to never forget that you, Lord, are always at our side.