

Psalm 130 "Navigating Suffering"

Read Psalm 130

1. (vs. 1) The psalmist cries out of the depths. *Read Psalm 69:1-3*. How is this description of drowning in the sea a helpful image to express the agony of feeling overwhelmed by our circumstances?
2. (vs. 1-2) There is an incredible amount of emotional honesty in the opening verses – a mixture of despair, doubt, panic, and anger. Why is it so difficult to be open about how we are really doing? What is the benefit of such emotional honesty?
3. (vs. 3-4) The next thing the psalmist invites us to is deep repentance. They take a step back from the circumstances that are causing the despair and examine themselves before the holiness of God. What will be discovered in this? How does the psalmist invite us to deal with what is discovered?
4. (vs. 6) One of the benefits of such self examination is that you discern where you have influence over your circumstances and where things are far beyond your control. The psalmist then invites us to give those circumstances over to God and then wait. There was no punctuation in Hebrew so if you wanted to emphasize something you would repeat it. The repeated phrase invites us to wait "more than the night watch for the morning". In the sermon Tim gave an image that the psalmist would have been considering as a night watch, the soldier watching the wall. How does image help us to understand what it looks like to wait on the Lord?
5. (vs. 7-8) In these verses there is a shift from singular to plural language – the psalmist points to the necessity of community in our waiting. How does a faith community support us in our waiting on the Lord?