



Summer in the Psalms

Psalm 130

From the Depths to the Heights

130:1 A song of ascents

Most interpreters think these psalms (120-134) were sung by Jewish pilgrims as they made their way up to _____ and to the temple mount for the three festivals – Passover, Pentecost and the Day of Atonement.

If you read through these Songs of Ascent, you will notice the two key parts of true worship:

- To see _____ as he really is
- To see _____ as we really are

Out of the depths I cry to you, O LORD;

In Hebrew thought being in “the depths” refers to either being caught in dangerous or deep waters which threaten to drown you or in a deep pit that seems hopeless from which to escape.

Psalm 69:2 (drowning in the floods of trouble)
I sink in the miry _____,
where there is no foothold...

Psalm 71:20 (sunk down into a deep pit)
you will restore my life again;
from the _____ of the earth
you will again bring me up.

But here in Psalm 130, it is the depths of _____ and _____ the writer feels so deeply. He’s in a hole he made himself, a pit of sin.

2 O Lord, hear my voice.

Let your ears be attentive to my cry for mercy.

Illustration - "These are _____ of people!"

God _____ us out of the depths of our guilt (Psalm 30:1)

3 If you, O LORD, kept a record of sins, O Lord, who could stand?

Illustration – The Measuring Stick

Romans 3:10-12 - There is no one righteous, not even one...

4 But with you there is _____;

Exodus 34:6-7 - The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and _____ wickedness, rebellion and sin.

Apostle’s Creed – “I believe in the _____ of _____”

therefore you are _____.

We love God for his mercy and we fear God for his holiness and discipline. I stand in _____ of you, holy God.

5 I wait for the LORD, my soul waits, and in his word I put my hope.

6 My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

What is he waiting for? _____

7 O Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is _____.

8 _____ will redeem Israel from all their sins.

God loves you _____!

