

Individual Lament Turning to Communal
Hope

Writer not named · Book V · Songs of Ascents · The Seven Penitential Psalms

*"A Song of Ascents."*PICTURE WORD
Watchman

IN ONE SENTENCE

*From the depths I cry to the LORD, who forgives and redeems, and I wait for him like watchmen for morning.***Remember it:** One thirty: from the depths I wait, like a watchman for dawn.

MEMORY VERSE

But there is forgiveness with you, therefore
you are feared.

Psalm 130:4 · World English Bible

HEBREW WORD

הַסְּלִיחָה

"forgiveness" · verse 4

In the Psalms: once

הַסְּלִיחָה means "forgiveness." Its verb in the Old Testament always has God as the one who forgives; people never do this kind of forgiving. Verse 4 says this forgiveness makes him feared: grace does not cheapen the LORD but draws us to worship him.

HOW THE PSALM MOVES

- 1-2 A cry to the LORD from the depths
- 3-4 No one could stand, but forgiveness is with him
- 5-6 Waiting for the LORD more than watchmen for morning
- 7-8 Israel urged to hope in his love and redemption

MY NOTES

**Listen.** Hear Psalm 130 sung in the **Psalm Song** app, or free at ispress.de/psalms/130.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Waiting on God

Crying Out in Distress

FILL IN THE BLANKS

From the _____ I cry to the LORD, who forgives and _____, and I wait for him like watchmen for _____.

CHECK YOURSELF

1. If the LORD kept a record of sins...

(A) who could stand?

(B) only the priests could stand

(C) we would all repent

(D) the nations would fear

2. Why is the LORD feared?

(A) Because of his anger

(B) Because there is forgiveness with him

(C) Because of his power over armies

(D) Because he is far away

3. The psalmist longs for the Lord more than...

(A) the deer longs for water

(B) a child longs for its mother

(C) watchmen long for the morning

(D) farmers long for rain

TALK IT OVER

1. How does the psalm move from "I" to "Israel" by the end?

2. What does verse 4 teach about the link between forgiveness and fearing God?

3. What does waiting for the LORD look like in your week?

IN YOUR OWN WORDS: WHAT DOES PSALM 130 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Answers: Blanks: depths · redeemers · morning · Check yourself: 1. A (v. 3) · 2. B (v. 4) · 3. C (v. 6)