

STUDY ON PSALMS OF ASCENT PART 4: PSALM 130

Journey Together 2025 Weekly Sermon Series

Warming Up... When was the last time you said you were sorry to someone? What happened?	AND / OR Are you good at admitting you're sorry? Why or why not?	Aims & Objectives of today's session: - Today's session requires vulnerability. Vulnerability begets vulnerability—so you may need to demonstrate that by being vulnerable first. - Allow time at the end for sharing, but regroup and conclude together, bringing it back to Christ's love.
Part 1: Arrow 1. Read Psalm 130 taking it in turns. And re-read it again, quietly alone to better understand it. Which part jumps out to you straight away? 2. Read v1-3, why do you think the starting verse is so short? Have you ever made short "arrow-prayers" to the Lord, very short and concise? Why do we do this? 3. What does v1-3 tell us about the context in which it is written? 4. How easy is it for us to identify sin in our own lives compared with the sin in others? Why is this? Part 2: Ahead 5. Read v4-6. What do these verses say about sin? 6. What is the significance of repetitive words and phrases in this section? Why is this a big deal? 7. Read v7-8, these verses shift from internally assessing our own sin, to proclaiming to others nation-wide about the Lord's unfailing love. Why is this an important aspect of the psalm? Why not remain with our own sin? What's the point of extending it outwards? 8. Repentance leads to sanctification, and that leads to service. Why is this important? Part 3: All-In 9. When it comes to our own sin—why is it easier to avoid bringing it up? How do we stop this thinking? 10. Break off into smaller groups, ideally with others from the same gender. Spend some time asking God to reveal whatever sins need confessing, either known or unknown. Speak it out. For those listening to the confession, it isn't a practice of judgement over their shameful sins, but one where we can declare and celebrate that God is so good in defeating those sins, that we are forgiven, restored, and God's love and power is so real. We don't need to be perfect. We are loved. Pray and speak truth over each other, sharing the truth of God's love. 11. Close today's session back together again, reading Ephesians 1:7-8, and reflect on the power of Christ's love for us, by closing off in prayer and adoration to the Lord, taking it in turns declaring short prayers.		Notes Psalm 130 is a repentance psalm of lament. The Psalmist has sin, and in true nature cries out to God in short bursts, much like how we would if we were overwhelmed with our own sin. The style shifts and declares that forgiveness, which leads to service to the Lord (V4). God doesn't punish us despite our shameful sin, there is total assurance that morning will come not If but WHEN it is coming (V6), and this is a promise and guarantee for us. The beginning of the Psalm is one of individual lament over personal sin. But towards the end, the Psalmist wants everyone to also know this truth—that there is forgiveness, and urges the whole nation, everyone else to repentance. This is the gospel message, not kept for self, but it is extended to all, as repentance should be infectious. Homework / Challenge for this week Spend a morning sometime this week, alone with the Lord, reading and reflecting over the passage in Ephesians 1:3-14. Ask the Holy Spirit to highlight a truth from this passage to you. Ending with prayer Lord, would You reveal whatever is hidden in my heart, may I know what it is. Help me Lord, put me back together again, so I will be restored and transformed. I am sorry Lord. Forgive me. Even when I fail a thousand times. Forgive me Lord. Help me stand up and be assured that you love me and have saved me. I thank you Lord for this reminder. May I not be shaken or ashamed. For your blood covers over me. Amen.