

# PSALM 130-131

*Out of the depths I cry to you, O Lord! O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! If you, O Lord, should mark iniquities, O Lord, who could stand? But with you there is forgiveness, that you may be feared. I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning. O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is plentiful redemption. And he will redeem Israel from all his iniquities.*

*O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore. (Psalm 130-131)*

1. Part of our spiritual journey will be experiences that sink us into the depths. Why is the truth of verses three and four important at such times?
2. What was a season in your life when you were waiting for the Lord? What part was the hardest? What kind of people were helpful? Do you have any advice for others in that situation?

3. Verses seven and eight speak of some great things about the Lord that make Him our hope. What are those great things? How would you tell someone about these?
  
4. What valuable questions might this Psalm pose to us when we are struggling with anxiety or stress?
  
5. God wants to help us calm and quiet our souls. How do you do that? What can you share with others that has worked for you? What kind of people help you do this?