



# PSALMS OF ASCENT

Journey To The New Jerusalem

Adult Bible Fellowship taught by Chris Wittlinger  
Sundays in March & April | 9:00AM

# Psalm 130 *My Soul Waits for the LORD*

## 3 Lessons from Psalm 130

- What gets us down
- What gets us up
- What keeps us going



# Psalm 130 *My Soul Waits for the LORD*

## **What gets us down**

- Out of the depths I cry to you, O LORD
  - Depths – deep waters – chaos/turmoil
- Pleading for mercy with expectation
  - God's mercy condescends to the deepest pits



# Psalm 130 *My Soul Waits for the LORD*

## What gets us down

- To what do we attribute the psalmist's burden?
- “Too many think lightly of sin and therefore think lightly of the Savior.” – Spurgeon
- “I believe the holier a man becomes, the more he mourns over the unholiness which remains in him.” – Spurgeon (again)



# Psalm 130 *My Soul Waits for the LORD*

## What gets us up?

- The promise of God's forgiveness
- If you should mark iniquities
- ***But*** with you there is forgiveness
- “What is that arm of God that comes to our rescue when we are in such deep distress? It's the forgiveness that he offers freely to all in the gospel of Jesus Christ.”



# Psalm 130 *My Soul Waits for the LORD*

## What gets us up?

- God is eager to forgive
- The Christian life is one of conviction of sin and assurance of pardon
- How does God's forgiveness lead us to fear him?
  - The authority to forgive (Mark 2.7)
  - The power to rescue



# Psalm 130 *My Soul Waits for the LORD*

## What keeps us going?

- Faith
- “Wait” (3x); “Hope” (1x)
- Reasonable trust



# Psalm 130 *My Soul Waits for the LORD*

## **What keeps us going?**

“From him I expect relief and comfort, believing it will come, longing till it does come, but patiently bearing the delay of it, and resolving to look for it from no other hand.” – Matthew Henry



# Psalm 130 *My Soul Waits for the LORD*

## What keeps us going?

- O Israel, hope in the LORD
- “...the confidence of faith arises out of the assembly.” D. Bonhoeffer
- Hebrews 12.1-2 – The work of the witness
- Ephesians 2.18 – The hope to which we are called

