

Lesson 20  
Psalm 130

Read all of Psalm 130

1. Re-read verses 1-3. Describe a time when you felt overwhelmed, shaken, or bogged down by your own sin.

2. Consider praying this week that God would open your eyes more fully to your sin. (This is a risky prayer, indeed! Don't pray this lightly.) What is your immediate reaction to this suggestion? Note any thoughts you have.

3. Re-read verse 4. You probably believe with your head theology that you are forgiven. Do you think you believe it fully in your heart? Do you live as though you're fully forgiven? Describe how your freedom or lack thereof plays out in your life.

4. Re-read verses 5-8.

a. What are you waiting with hope for right now in your life?

b. How do you hope the arrival will fulfill you?

c. Spend time digging a little deeper—not just for the practical hopes, but for the deeper idols behind them. *If I had \_\_\_\_\_, if I could \_\_\_\_\_, if \_\_\_\_\_ happened in my life or in \_\_\_\_\_'s life, then all would be well.* What comes to mind when you follow that train of thought?

5. Read Isaiah 40:31, and write it below.

Bonus: Melissa encourages you to listen to “Watchman” by Josh Garrels and read the lyrics!