



Cover to Cover: Lament (Ps 130)

May 27

Psalm Review

[Optional: [2 Samuel overview](#)]

Context: Remember Job's lament, well we're back to laments tonight, after all they are a heartfelt and honest part of the Scriptures. This Psalm is an individual lament over personal sin and helps worshippers see themselves as a forgiven people.

First, think about Pastor's sermon from this past Lord's Day:

- What struck you from 1 Sam 30 (31)?
- Have you ever "wept until you've had no more strength to weep"? How can we be tempted to find someone as a scapegoat for our feelings? What wisdom did David show us here (v.6b). How did David strengthen his hand (v. 7)?
- V. 11- how is this a beautiful example of compassion?
- How does David demonstrate kingly fairness to his men? How is this applicable today?
- In v. 19 it says, "nothing was missing." How is this an echo of Jesus' words in John 6:39 and 18:9?

Read: Psalm 130

Questions

1. STOP! What comes just before v. 1 in each Psalm that we usually neglect? Why is it important?
2. *Psalms of Ascent are generally understood as Psalms sung as worshippers went up to the Temple in Jerusalem, or worshipped in the Temple itself.*
3. What type of Psalm is this (i.e. praise, prayer, lament, etc)? Given the type of Psalm it is, and that it was sung ascending to the Temple, what does this tell us about the best place for us, even when we're suffering? Is this how many people view this?
4. In vv. 1-2 there is a lot of crying. How does this Psalm remind us of the importance of Lamentation in the Christian life (think back to Job)?

5. What in these verses tips us off to why the Psalmist was crying? What has caused him to be burdened to despair?
6. V. 3- How would you address someone who does not sense their need of the Lord, believing themselves to be a "good person"? What in this verse would help us?
7. How is contrition over sin a requisite for believing the Gospel/salvation?
8. The Psalmists cry (vv. 1-2) moves to confession (vv. 3-4). V. 2- What do they long for, what is this?
9. V. 3- *If God should keep a record book of sin, not even the faithful singing this Psalm could stand!* V. 4- Yet what does the Lord promise all who turn to Him in repentance and faith (Ps 86:5)?
10. V. 4b- Why does this produce fear amongst the faithful?
11. V. 5- Trusting in God's mercy and forgiveness, what is the Psalmist waiting for?
12. V. 6- How would a watchman wait? Have you ever waited for something or someone? What is the point being made for how we should desire that which the Psalmist is waiting for?
13. Balancing his cries in vv. 1-2, the Psalmist chooses to hope in the Lord rather than wallow in his sin. Why?
14. V. 8- How is the assurance that God will ultimately redeem/rescue His people, the Church, a hope to turn to Christ (?), to persevere in confession and repentance (1 Jn 1:9) and ultimately not to despair we'll fight sin forever?
15. What keeps us seeking and returning to worship the Lord each week? How is it helpful to remember we are a forgiven people, saved sinners?