

Psalms of Ascent 130 “The Good Guilt”
Psalm 130:1-8
March 16, 2025

Psalm 130:1-8

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

Progress and disappointment.

Isaiah 6:1-5

In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and the train of his robe filled the temple. 2 Above him stood the seraphim. Each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. 3 And one called to another and said: “Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory!” 4 And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke. 5 And I said: “Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!”

Everyone is just trying to endure the revealed glory.

The holiness of God makes us aware of how far from God we are.

Psalm 130:3

- 3 If you, O Lord, should mark iniquities,
O Lord, who could stand?

Guilty conscience? Change the standard.

Community evaporates.

Psalm 130:4

4 But with you there is forgiveness,
that you may be feared.

The One with the highest standards offers the best forgiveness.

1 John 1:9

9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Psalm 130:5-6

5 I wait for the Lord, my soul waits,
and in his word I hope;
6 my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

God's character and makes redemption a hoped for certainty.

Roman 5:1-2

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

Your pit can be a place where God meets you.

Life Group Discussion Questions

- What did God say to you through His Word during our Sunday gathering?
- Psalm 130 doesn't waste time crying out to God. What is being expressed from the very beginning? How would you describe "the depths?" Have you ever been in that place before?
- How might a maturing Christian be *more* aware of sin and suffering?
- Share your thoughts connected to the cultural answer for a guilty conscience is to simply change the standard. Can you give an example of this?
- Is there a standout moment when you asked someone for forgiveness? What was the risk in doing that? How is Psalm 130 an invitation into a better forgiveness?
- How is the cross a display of the depths of sin and the heights of forgiveness?
- What advice would you give to someone that has a guilty conscience?
- As you think about your Life Group, how can agreeing that God's standards are best create deeper community instead of isolation?