

Psalm 130:1–8

- 1 Out of the depths I have cried to You, O LORD;
- 2 Lord, hear my voice! Let Your ears be attentive To the voice of my supplications.
- 3 If You, LORD, should mark iniquities, O Lord, who could stand?
- 4 But there is forgiveness with You, That You may be feared.
- 5 I wait for the LORD, my soul waits, And in His word I do hope.
- 6 My soul waits for the Lord more than those who watch for the morning— Yes, more than those who watch for the morning.
- 7 O Israel, hope in the LORD; for with the LORD there is mercy, And with Him is abundant redemption.
- 8 And He shall redeem Israel from all his iniquities.

***"Help From the Depths"***  
***Psalm 130:1-8***

INTRO:

When I was a boy, I learned to swim at a young age, but I lacked the intestinal fortitude to try swimming in water over my head. My best friends, the Harringtons, would go camping at a park on the lake behind Hardy Dam. This lake had a drop off just about fifteen feet from the shore. That put the drop off just about at the end of their dock. When we were swimming Craig and Kerry, my friends swam in the deep water, I stayed near the shore where I could touch bottom. Finally, Craig and Kerry picked me up and threw me off the end of the dock into the drop off. I remember feeling like I sunk forever before I started swimming back to the top. The panic I felt at that moment and the seemingly life or death struggle that I was enduring is exactly the emotion expressed in the opening statement of the **130th Psalm** when the Psalmist says, ***"Out of the depths I have cried to You, O LORD."***

Have you ever felt you were in very deep and dangerous waters and struggling for your very life? I am not speaking about physically, but spiritually. I think all of us can identify with this Psalmist in this predicament in his life. The Psalmist teaches us three lessons that we should learn when we find ourselves ***"in the depths."***

- I. IN TROUBLE WE LEARN TO SEEK THE LORD (v. 1-4)***
- II. IN TROUBLE WE LEARN TO WAIT UPON THE LORD (v. 5-6)***
- III. IN TROUBLE WE LEARN TO HOPE IN THE LORD (v. 7-8)***

## ***I. IN TROUBLE WE LEARN TO SEEK THE LORD (v. 1-4)***

**vs.1-4** *“Out of the depths I have cried to You, O LORD; Lord, hear my voice! Let Your ears be attentive to the voice of my supplications. If You, LORD, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, That You may be feared.”*

A. Our Psalmist cried out in the midst of a desperate situation. The word the Psalmist used is confined to the figure of a person who is caught in dangerous and deep waters.

1. In **verse 1** we find our Psalmist in distress. God has either, picked him up and thrown him into the deep water, or He has allowed Satan to throw him in the depths. Whatever the case, God intends this to be a time of learning!

2. There are several ways we also find ourselves like the Psalmist in deep waters. Sometimes we are in deep water because we have sinned. Other times we are deep water simply because God wants to use our experience as an opportunity to glorify Himself. Remember the prophet's message to Asa in **2 Chronicles 16:9** *“For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.”*

3. Many times, like in the life of Job, there is something going on behind the scenes we don't even know about. Whatever the reason, our LORD always has a purpose, and one such purpose is to teach us lessons that we can learn no other way.

B. One lesson is how to pray with earnestness. This was a lesson the Psalmist learned.

**vs.1-2** *“Out of the depths I have cried to You, O LORD; Lord, hear my voice! Let Your ears be attentive to the voice of my supplications.”*

C. In **verses 3-4**

*“If You, LORD, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, That You may be feared.”*

Sin keeps God from hearing our prayers. Consider **Psalm 66:18**

*“If I regard iniquity in my heart, The Lord will not hear.”*

When the Psalmist found himself in deep water, he wanted to make sure his prayer is heard and so he is concerned about his sin. **Verse 4** is the answer to his question. God is ready and willing to forgive! If God did not forgive sin, no one could serve Him. No one could worship Him properly!

## ***II. IN TROUBLE WE LEARN TO WAIT UPON THE LORD (v. 5-6)***

**Psalm 130:5-6** *“I wait for the LORD, my soul waits, and in His word I do hope. My soul waits for the Lord more than those who watch for the morning— Yes, more than those who watch for the morning.”*

A. The second lesson we learn when we find ourselves in the depths, is to wait upon God. Usually when we are in difficulty, the last thing in the world that we want to do is wait. Still, many times waiting is all that we can do.

B. Why does God sometimes make us wait? The Bible suggests several reasons.

(1) Sometimes we wait because God wants to test our faith.

**Deuteronomy 8:2** *“And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not.”*

Waiting is very self-revealing. Do we trust God or don't we? (2) Sometimes we wait because the time is not right for God to act yet. Remember Abraham and the 400 years of slavery for his people? They had to wait because the sin of the Amorite was not yet full. God is not just working in your life, He is working in my life too! He works everything together for good in His time. (3) Sometimes we have to wait because God has something better in store for us than we thought in the first place. To me one of the most encouraging passages in the Bible is found in **John 11**. It is not where Jesus raised Lazarus, but earlier in the passage where we read

*“Now Jesus loved Martha and her sister and Lazarus. [Therefore]So, when He heard that he was sick, He stayed two more days in the place where He was.”*

C. In the depths we learn to seek God in prayer, and we learn to wait upon God. Finally, in the depths we learn to hope in the LORD.

## ***III. IN TROUBLE WE LEARN TO HOPE IN THE LORD (v. 7-8)***

**Psalm 130:7-8** *“O Israel, hope in the LORD; for with the LORD there is mercy, And with Him is abundant redemption. And He shall redeem Israel from all his iniquities.”*

A. While the Psalmist is waiting for the Lord to deliver him, he is not sitting idly by and doing nothing. He is actively focusing his attention upon the LORD Himself. We see this first in what he said in **verse 5**.

*“I wait for the LORD, my soul waits, and in His word I do hope.”*

He is pinned his hopes upon what the LORD has said in His Word.

1. Isaiah 41:10

*“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”*

2. Philippians 4:6-8

*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things.”*

B. Most of all the psalmist and indeed all Israel needs to hope in the very character of God. Here is the spiritual reason for their hope.

1. God's abundant mercy – His unfailing, steadfast love. He loves His own even when we feel unlovable. He will never ever fail us.

**John 13:1** *“Now before the feast of the Passover, when Jesus knew that His hour had come that He should depart from this world to the Father, having loved His own who were in the world, He loved them to the end.”*

2. God's abundant redemption – He is able to save to the uttermost all that come unto God through Him.

How well are we learning these lessons from the depths? Perhaps, if we learn them well, we will have to spend less time struggling in the deep waters of our lives.

Hymn# 415 ***He Giveth More Grace***