

# SONGS OF ASCENT



## SMALL GROUP QUESTIONS

**Series:** *Songs of Ascent: Discipleship in a Changing World*  
*Psalm 130*

*Part 8 – Out of the Depths*  
*Pastor Dustin Lang*

- 1) Read Psalm 130 aloud. What word or phrase stands out to you the most from this passage? Why?
- 2) In addition to being a song of ascent, this is also a penitential psalm because it expresses sorrow over sin. The psalmist describes his feeling of guilt as being in the “depths,” as if he were overwhelmed by the deep water. Have you ever felt like this because of your wrongdoing? Please share.
- 3) If it’s been difficult to feel the appropriate amount of weight over your sin, there are four steps you can take. Read through the following four items and share which one you want to begin practicing in your life.
  - a. Reflect on God’s character – By remembering God’s holiness, goodness, and love, we can become acutely aware of our own brokenness.
  - b. Confess your sins to others – Sharing our struggles with others has a way of reminding us of the weight of sin.
  - c. Realize the effect of your sins on others – Sin is never an isolated incident. Oftentimes, it even has direct effects on someone else. Thinking about who is impacted by our sin shows us how harmful sin really can be.
  - d. Pray to God – Ultimately, it’s God who opens our eyes to see things more clearly. That’s why we need to invite God to work in our hearts to view sin for what it is.
- 4) Verse 4 teaches us that with God there is forgiveness. That’s because it is in God’s character to forgive and, ultimately, God is the only one who has the right to forgive. How does God’s forgiving character stir up a sense of “fear” or reverence in your heart?
- 5) While God will always be with us, sin has a way of separating us from intimacy with Him. Assign two small group members to read Isaiah 59:2 and John 14:21. What do these verses reveal about sin or obedience’s effects on our experienced oneness with God?
- 6) The last two verses shift the attention from the psalmist to Israel. It reveals the psalmist’s desire for others to experience the forgiveness of God as he had. Identify one person in your life to pray for and share God’s love with.
- 7) How does this psalm resonate with you personally? Take time to pray together as a group.



### **Challenge: BAPTISM**

Baptism is all about going public about your faith in Jesus and communicating to the world your heartfelt commitment to follow Him. It’s an exciting symbol of your new life in Christ. Even during quarantine, we will provide individualized baptism with all COVID safety measures. To get more information and register, visit [www.newstorychurch.com/baptism](http://www.newstorychurch.com/baptism).