

Out of the Depths

From Depths of Sin to Heights of Hope

Psalm 130:1-8

Sermon Outline:

- I. Depths of Sin (v. 1-3)
 - A. The Depths
 - B. The Judge
 - C. The Response
- II. Heights of Hope (v. 4-6)
 - A. God's Forgiveness
 - B. God's Word
- III. Our Redemption (7-8)
 - A. Defined
 - B. Demonstrated
 - C. Done

Discussion Questions

- Reflect on a time you were in the depths. What helped you rise?
- Why is it so important to realize we are sinners?
- Do you feel the weight of verse 3? *"If You, O Lord, should mark iniquities, O Lord, who could stand?"* What does this say about God and His justice?
- Do you tend to let your sin paralyze you from approaching God?
- How does knowing the forgiveness of God empower us to go to God more?

- Take a few moments to write out, on a sheet of paper, things that the Lord has forgiven you of.
- The Bible is vital for our rising from the depths. What are some Bible promises you cling to?
- When is the last time you soaked in the Word for an extended period of time? We encourage you to make time to do that today.
- What effect does the Word have upon your soul?
- What is redemption and why does it matter for dark times?
- What is your hope during these uncertain times?
- Consider the Heidelberg Catechism, Question 1:

Q. What is your only comfort in life and in death?

A. “That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ.

He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation.

Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.”