

**MY SOUL WAITS FOR YOU LORD**  
**Sermon Series: "Living The Psalms Together"**  
**(A year-long study through the Psalms)**  
**Psalm 130**  
**March 12<sup>th</sup>, 2023**  
**Pastor Frank Mack**  
**Family Life Christian Church**

*"Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, <sup>20</sup> by the new and living way that he opened for us through the curtain, that is, through his flesh, <sup>21</sup> and since we have a great priest over the house of God, <sup>22</sup> let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. <sup>23</sup> Let us hold fast the confession of our hope without wavering, for he who promised is faithful. <sup>24</sup> And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." Hebrews 10:19-25 (ESV)*

**4 Good Transitions Psalm 130 Can Help You Make**

**1. A TRANSITION FROM DEATH TO LIFE (vss. 1-2)**

*"Out of the depths I cry to you, O Lord! <sup>2</sup> O Lord, hear my voice! Let Your ears be attentive to the voice of my pleas for mercy!" Psalm 130:1-2 (ESV)*

*"He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure." Psalm 40:2 (ESV)*

*"Save me, O God! For the waters have come up to my neck. <sup>2</sup> I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. <sup>3</sup> I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God." Psalm 69:1-3 (ESV)*

*"But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Isaiah 40:31 (ESV)*

*"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things that are above, not on things that are on earth. <sup>3</sup> For you have died, and your life is hidden with Christ in God." Colossians 3:1-3 (ESV)*

**2. A TRANSITION FROM GUILT TO FORGIVENESS (vss. 3-4)**

*"If you, O Lord, should mark iniquities, O Lord, who could stand? But with You there is forgiveness, that You may be feared." Psalm 130:3-4 (ESV)*

*“Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.”*  
**Psalm 32:1-2 (ESV)**

*“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. <sup>2</sup> 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. <sup>3</sup> Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. <sup>6</sup> For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup> For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— <sup>8</sup> but God shows his love for us in that while we were still sinners, Christ died for us. <sup>9</sup> Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. <sup>10</sup> For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. <sup>11</sup> More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.”*  
**Romans 5:1-11 (ESV)**

*<sup>2</sup> But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner’s fire and like fullers’ soap.”*  
**Malachi 3:2 (ESV)**

### **3. A TRANSITION FROM DARKNESS TO LIGHT (vss. 5-6)**

*“I wait for the LORD, my soul waits, and in his word I hope; <sup>6</sup> my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.”*  
**Psalm 130:5-6 (ESV)**

*“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.”*  
**1 Peter 2:9 (ESV)**

*“The steadfast love of the LORD never ceases; his mercies never come to an end; <sup>23</sup> they are new every morning; great is your faithfulness. <sup>24</sup> “The LORD is my portion,” says my soul, “therefore I will hope in him.” <sup>25</sup> The LORD is good to those who wait for him, to the soul who seeks him. <sup>26</sup> It is good that one should wait quietly for the salvation of the LORD.”*  
**Lamentations 3:22-26 (ESV)**

*“Who among you fears the LORD and obeys the voice of his servant? Let him who walks in darkness and has no light trust in the name of the LORD and rely on his God. <sup>11</sup> Behold, all you who kindle a fire, who equip yourselves with burning torches! Walk by the light of your fire, and by the torches that you have kindled! This you have from my hand: you shall lie down in torment.”*  
**Isaiah 50:10-11 (ESV)**

### **4. A TRANSITION FROM BONDAGE TO FREEDOM (vss. 7-8)**

*“O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plentiful redemption. <sup>8</sup> And he will redeem Israel from all his iniquities.” Psalm 130:7-8 (ESV)*

*“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. <sup>19</sup> For the creation waits with eager longing for the revealing of the sons of God. <sup>20</sup> For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope <sup>21</sup> that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. <sup>22</sup> For we know that the whole creation has been groaning together in the pains of childbirth until now. <sup>23</sup> And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. <sup>24</sup> For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? <sup>25</sup> But if we hope for what we do not see, we wait for it with patience. <sup>26</sup> Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. <sup>27</sup> And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. <sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose. <sup>29</sup> For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. <sup>30</sup> And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.” Romans 8:18-30 (ESV)*

**Are you ready for the Coming of Jesus? Will you be found guiltless when He returns? Let today be the day you settle it once and for all. Repent and give your life completely over to Jesus today and experience a freedom unlike you’ve never experienced before.**