

UP – The Psalms of Ascent
Deep Places
Psalm 130

There are certainly many DEEP PLACES of DISTRESS that we may experience over the course of a lifetime. We face trouble and pain in our health, our relationships, and our finances. But there is also a kind of INTERNAL DISTRESS that we can experience over a DARK REALITY that lies within our own heart: Distress over our own SIN and GUILT. What you do with that distress makes all the difference.

There are 7 Penitential Psalms. A Penitential Psalm is a psalm about GUILT and FORGIVENESS. The most famous of the PENITENTIAL PSALMS is Psalm 51, where King David confessed his sin with Bathsheba to God. Like Psalm 51, this passage is a TESTIMONY to all people that they do not have to stay buried under the guilt of their sin. There is a GOD who is ABLE to forgive and who LOVES to forgive. Psalm 130 pours out of the heart of a man who KNEW that he was GUILTY of sin against God, and that God was the only one that could DELIVER him from that sin and its penalty. This is a cry of HOPE out of DEEP PLACES. **Psalm 130 NASB**

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 does wait, and in His word do I hope. 6 My soul waits for the Lord more than the watchmen for the morning; Indeed, more than the watchmen for the morning. 7 O Israel, hope in the LORD; for with the LORD there is loving-kindness, And with Him is abundant redemption. 8 And He will redeem Israel from all his iniquities.

What is your attitude about your own SIN?

You have to SEE your sin as it REALLY is. [This is REALIZATION, not EMOTION.]
 *I'm not a bad person! Really?

“OUT OF THE DEPTHS ...”

I wonder: Have you ever experienced a depth of ANGUISH in your SPIRITUAL LIFE? Have you ever been in a DEEP PLACE of AGONY over your SIN? Have you ever really looked DEEP within your own soul to see what was there? Do you really know what you are CAPABLE OF, or what your sin has ALREADY COST God, you, and others?

Oftentimes, we experience sorrow over the CONSEQUENCES of our sin, but NOT genuine sorrow over the sin itself. Only in the deep places where God does not allow us to escape EITHER REALITY are we able to TRULY REPENT of our sin.

***These depths are about CONVICTION AND CIRCUMSTANCE.**

- His SOUL is overwhelmed with sorrow over GUILT from his PERSONAL sin.
- FORENSIC guilt is often confused by FALSE guilt: Shame that is not our fault.
- *Forensic guilt is the CONDITION of actually BEING GUILTY of crime/sin.

The truth is, not many of us ever have the desire or take the time to really SEARCH our own SOUL. We often HAVE TO experience some deep pain that ARRESTS us and FORCES us to look within and then look up. I believe that places of DEEP SORROW and DEEP PAIN actually can be used of God to bring you to the DEEPEST REALIZATION of who you really are, and – thankfully – who God really is as well.
Deep places are the only places where you can actually get deep! And what is OVER your head is still UNDER HIS FEET!

***In the desperation of our depths, we find out that God USES those depths to bring about our DELIVERANCE! Isaiah 51:10 NASB**
 10 Was it not You who dried up the sea, the waters of the great deep; Who made the depths of the sea a pathway for the redeemed to cross over?
 *God is FULLY ABLE to deliver you from your sin! But . . .

You have to CRY OUT to God for DELIVERANCE from your sin.

“I CRY OUT TO YOU, LORD. . .”

“Cry out” = To call out loud [the idea of ACCOSTING a person met!]

-Bartimaeus cried out to Jesus when he knew he was passing by! [TODAY?]

- God is NEAR to the BROKENHEARTED. **ISAIAH 57:15 NASB**

15 For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, And also with the contrite and lowly of spirit In order to revive the spirit of the lowly And to revive the heart of the contrite

This cry is very PERSONAL and PASSIONATE!

“ . . . BE ATTENTIVE TO MY SUPPLICATIONS.”

Supplications=Entreaty for favor, request for pity or mercy, plea for graciousness

[Not CASUAL or MISDIRECTED: Confessional Booths in Poland]

“LORD, HEAR MY VOICE. LET YOUR EAR BE ATTENTIVE TO MY CRY.”

*Are you simply ASSUMING that God hears you, or are you humbly ASKING for his attention and providential intervention?

*Do you really BELIEVE that God WANTS to hear and respond to your cries?

-The BASIS of that BELIEF: God’s own character and words!

What is your understanding of God’s MERCY?

Our greatest LESSON in life is to learn WHY we are free to CRY OUT to God.

-SHAME could cause you to SHRINK from crying out to God. Truth overrules this!

-Be AWARE of the ONE that you are crying out to! **“I cry out to you, YAHWEH.”**

*YAHWEH – God’s COVENANT NAME!. **Exodus 34:5-7a NLT**

5 Then the LORD came down in a cloud and stood there with him; and he called out his own name, Yahweh. 6 The LORD passed in front of Moses, calling out, "Yahweh! The LORD! The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness. 7 I lavish unfailing love to a

thousand generations. I forgive iniquity, rebellion, and sin. But I do not excuse the guilty . . .”

“If you, o Lord, should MARK iniquities . . .”

MARK=to WATCH for, WAIT for, TREASURE up (in memory)

*ASK: What does God DO with HIS knowledge of MY SINS?

-GOD is AWARE of all of our sins, but the Psalmist says that he does not MARK them. [He does not harbor them or add them up or keep them before his eyes!]

*Yet, in his HOLINESS, he will JUDGE them if we do not REPENT!

INIQUITIES=Guilt, Perversity, Depravity (Moral EVIL)

*Remember: This is NOT a FEELING; it is a CONDITION.

-True guilt is a matter of genuine FAULT. We are GUILTY of sins, CRIMES, etc.

“Oh Lord, who could STAND?”

STAND=Remain, Endure, Stand before, Present One’s self to another, Minister before

-If he DID mark our iniquities, we would all sink down in DESPAIR before him!

-Instead, we are able to stand up with CONFIDENCE before him because . . .

“BUT . . .There is FORGIVENESS with thee.”

FORGIVENESS=Pardon, Freedom from our GUILT!!!

-This comes from a word that implies MERCY and LIGHTNESS!

Psalm 32:1-2 NASB

1 How blessed is he whose transgression is forgiven, whose sin is covered! 2

How blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit!

“That you may be . . . FEARED!”

FEAR=Stand in Awe of, be terrified, Respect, Revere, Honor

*What happens when God forgives us? We begin to properly FEAR him.

-Forgiveness SUSPENDS JUDGMENT and SPARES us the destruction we deserve!

-Forgiveness actually leads us into a deeper LOVE for God and a greater hunger for HIS HOLINESS in us!

*This is why forgiveness must be PRECEDED by CONVICTION! **Psalm 32:3-5 NASB**

3 When I kept silent about my sin, my body wasted away through my groaning all day long. 4 For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah. 5 I acknowledged my sin to You, and my iniquity I did not hide; I said, "I will confess my transgressions to the LORD"; and **You forgave the guilt of my sin.** Selah.

[“Conviction of guilt is a necessary preliminary to redemption.” Josh Moody]

*I LOVE talking about forgiveness, but . . .

What is your PERSPECTIVE about God’s mercy when trouble PERSISTS?

We must learn to WAIT ON GOD when our troubles do not instantly disappear!

5 I wait for the LORD, my soul does wait, and in His word do I hope. 6 My soul waits for the Lord more than the watchmen for the morning; Indeed, more than the watchmen for the morning.

WAIT=To look with expectation, to hope in, to BIND TOGETHER WITH.

***Waiting implies EXPECTATION.** It means that we HOPE in God because we expect him to act on our behalf!

-The NLT says, "I am COUNTING ON THE LORD!"

-This means that God can be TRUSTED as a source of hope and help.

***Binding together creates STRENGTH for the CRISIS!**

-**TWISTING together.** It is an act of interacting with and weaving into.

-It is a very INTIMATE term. Demands extreme closeness.

--This is remarkable in light of the CONTEXT of GUILT!

-We can bind ourselves to God even after we have sinned! God is good!

"My SOUL does wait."

*This is SOUL HEALTH. It is not just mental, physical, or psychological help!

-This is our INNER BEING; our deepest living nature.

-Your SOUL is your WHOLE BEING (Will, Mind, and Body)

*This means that you wait on the Lord with your WHOLE BEING!

"In his WORD do I HOPE."

WORD=Speech, Utterance, Speaking.

-Nothing brings hope and comfort like a WORD FROM GOD!

*Have YOU ever received a WORD from God? [Direction, Comfort, Rebuke]

HOPE= TO REMAIN, DELAY [because of expectation]

-Am I willing to delay and wait on God at the risk of LOSING something if he does not speak?

WATCHMEN=Those who watch over or guard someone.

-This is the SAME WORD that is used of God if he were to MARK our sins.

-It is the idea that one is being WATCHFUL, like a city guard.

-God does not MARK our sins, but we are free to MARK (watch for) God.

We must be willing to STEWARD God's faithfulness to us for the sake of others!

7 O Israel, hope in the LORD; for with the LORD there is loving-kindness, And with Him is abundant redemption. 8 And He will redeem Israel from all his iniquities.

***What you SAY about God in the midst of your troubles is a POWERFUL WITNESS!**

*You demonstrate the CERTAINTY of mercy from God when you ask for it.

*This is a WITNESS to those who need mercy.

*This is the OVERFLOW OF JOY from one who is RECEIVING MERCY in the midst of a SEASON OF PAIN!

SO, WHAT DO YOU DO WITH THIS MESSAGE?

*Face your sin before God.

*ASK FOR and RECEIVE his forgiveness.

*TRUST in him and believe his word as you confidently WAIT on his certain deliverance . . . in HIS TIMING!

Let's pray.