



PILGRIM SONGS:

✠ THE PSALMS OF ASCENT ✠



A Song of Ascents: Psalm 130

Psalm 130:1-3

A Song of Ascents.

1 Out of the depths I cry to you, O LORD!

2 O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!

3 If you, O LORD, should mark iniquities,
O Lord, who could stand? (ESV)



A Song of Ascents: Psalm 130

Psalm 130:4-7

4 But with you there is forgiveness, that you may be feared.

5 I wait for the LORD, my soul waits, and in his word I hope;

6 my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.



A Song of Ascents: Psalm 130

Psalm 130:7–8

7 O Israel, hope in the LORD!

For with the LORD there is steadfast love,
and with him is plentiful redemption.

8 And he will redeem Israel from all his iniquities. (ESV)



A Song of Ascents: Psalm 128

WOW word



Psalm 129 = “imprecatory” psalm = a psalm of curse

*Psalm 130 = “penitential” psalm = psalm of contrition
(Psalms 6, 32, 38, 51, 102, 130, 143)*



A Song of Ascents: Psalm 130

1 Out of the **depths** I cry to you, O **LORD!** → **YHWH the only one that can help**

↙
Jonah's sin put him in the depths

Idea of "I'm drowning in my sin!"

The depths create a sense of hopelessness apart from help

2 O **Lord**, hear my voice! Let your ears be attentive

↘ **Adonai = sovereign Lord/Master**
to the voice of my pleas for **mercy!**

withholding what I deserve



A Song of Ascents: Psalm 130

CONVICTION VS GUILT

Conviction is an invitation to draw near to God

(Unhealthy) Guilt moves us to shame and isolation, not restoration.

The depths here paints a picture of complete desperation. This is going to take me if you don't help me out of this.

Proverbs 5:22 The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin.



A Song of Ascents: Psalm 130

Psalm 130:3-4

3 If you, O LORD, should mark iniquities, O Lord, who could stand?

4 BUT WITH YOU THERE IS FORGIVENESS,

*Is there any better news to one that needs forgiveness
that you may be feared. —→ Revered /In awe of/ worshiped*

*“Loving the Lord will keep you moving towards him. A fear of the
Lord will keep you from being stupid!” John Bevere*



A Song of Ascents: Psalm 130

Psalm 130:5–7

5 I wait for the LORD, my soul waits,
and in his word I hope;

6 my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.



A Song of Ascents: Psalm 130

WHEN IS THE LAST TIME YOU TRULY WAITED
ON THE LORD ?

WAITED ON AN ANSWER?



A Song of Ascents: Psalm 130

The writer doubles down waiting for relief like the anticipation of a long shift to be over.

A deep soul level longing for your sin's grip to be loosed.

{ in his WORD I hope; }

What does waiting look like for you?

I believe that in our involvement in this attention economy that we have lost the desire to truly wait on the Lord.



A Song of Ascents: Psalm 130

We find ourselves drowning in our own sin because at some point we stopped focusing on the war of sin and sanctification over our lives.

“To flee the conflict with sin will be to lose the joys of the new and better Eden.” Charles Sturgeon

In our waiting we find in his Word... HOPE

2 Corinthians 10:3-4

3 For though we walk in the flesh, we are not waging war according to the flesh. 4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.



A Song of Ascents: Psalm 130

Psalm 130:7–8

7 O Israel, **hope** in the **LORD**! For with the **LORD** there is steadfast love, and with him is **plentiful redemption**.

8 And **he will redeem** Israel from all his iniquities.

To be forgiven of a great offense and be truly restored in relationship undeservedly is one of the most instantly gratifying moments of pure joy! A weight lifted!



A Song of Ascents: Psalm 130

Matthew 14:25–33

[25] And in the fourth watch of the night he came to them, walking on the sea. [26] But when the disciples saw him walking on the sea, they were terrified, and said, “It is a ghost!” and they cried out in fear. [27] But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid.”

[28] And Peter answered him, “Lord, if it is you, command me to come to you on the water.” [29] He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus. [30] But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” [31] Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?” [32] And when they got into the boat, the wind ceased. [33] And those in the boat worshiped him, saying, “Truly you are the Son of God.”



A Song of Ascents: Psalm 130

The enemy of your soul wants you to be so distracted by the things of this world, your own desires and sin that you don't realize your being pulled into the depths.

The psalmist is lifting our eyes to see that in Christ there is

FORGIVENESS

HOPE

LOVE

REDEMPTION



A Song of Ascents: Psalm 130

Hebrews 12:1-2

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

