



May 10, 2020

Psalm 130

1. What have you learned about yourself in this time of Shelter in Place? Go around your group and feel free to answer either or both of these questions.
 - a. What is something that you have done that has surprised you with joy during this time?
 - b. What is something that you feel guilty about during this time?

2. Read verses 1-3
 - a. What do you see in these verses that point to guilt and shame as the reason the psalmist is sinking into the depths?
 - b. In your own words, define guilt and shame. Do you see differences in the meanings of the two feelings?
 - c. How has the modern world's view of guilt shifted away from the Biblical view of guilt?
 - d. In what ways does our modern world attempt to deal with lingering inner feelings of shame?

3. Read verses 3-4 and 7-8
 - a. Why is a record (3-4) and a redeemer (7-8) both necessary to have hope of being lifted from the depths of guilt and shame?
 - b. If shame is rooted in feelings of insignificance and unworthiness, how do these verses help defeat shame?
 - c. Why is the pairing of love and redemption essential to having hope?

4. Read verses 5-6
 - a. What is the psalmist's call to action in order for us to have hope and rise from the depths?

5. How can we help each other to better grasp that hope in God helps us to overcome our guilt and shame?