

## Heart to Heart with the Living God

### Psalms 130 and 131

*"O Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption." Psalm 130:7*


#### Day 1: Read Psalm 130.

1. What is the tone or mood of each pair of verses?  
 vv. 1-2:  
  
 vv. 3-4:  
  
 vv. 5-6:
2. What is it that has plunged the Psalmist into the depths? (v. 3a)
3. James Sire writes, "The psalm arises out of the psalmist's agony, but it focuses quickly and with determination on God...." List some ways you see the Psalmist's determination to focus on God.
4. In this psalm God is called both "LORD" (Yahweh, written in small caps) and "Lord."  
 a. What aspects of God's character lie behind the name Yahweh ("LORD")? (Ex. 34:6-7; Deut. 7:6-9)  
  
 b. What quality of God lies behind the title "Lord"? (Hint: What does the word "lord" mean? Feel free to check a dictionary.)  
  
 c. Why would the character of God as revealed by these names be tremendously comforting to a person suffering the consequences of his sin?

#### Day 2: Read Psalm 130.

5. What does it mean to "stand" (v. 3)? (Ps. 1:5; 24:3-4)
6. What is the answer to the question the Psalmist poses in verse 3? (Ps. 14:1b-3)
7. Why should the Lord's forgiveness cause him to be feared (v. 4)? (Remember that "fear" here doesn't mean to be afraid of, but to revere, "to walk in all [God's] ways, to love him, to serve [him]..., and to observe [his] commands and decrees" [Deut. 10:12-13].)

**Day 3: Read Psalm 130.**

8. What “action” does the Psalmist take in the midst of his trouble? (vv. 5a, 6)
9. In what does the Psalmist put his hope as he waits? (v. 5)
10. Through whom does God keep the promise that “He himself will redeem Israel from all their sins” (v. 8)? (Mt. 1:20-23; \* Lk. 1:67-79)

Why doesn’t God hold against us any “record of sins” (v. 3a)? (Col. 2:13-14)

**Day 4: Read Psalm 131.**

11. What is the central image of this psalm? (v. 2b)
- What does this image convey? (v. 2a)
12. What image would you use to describe your soul right now?

What does this image convey?


13. Unlike a fussy baby demanding her mother’s milk, a weaned child rests in her mother’s care and provision. How can we be like that? (vv. 1-3; Phil. 4:11-13)

**Day 5: Read Psalm 130—131 and Luke 18:9-14.**

14. This parable in Luke gives us a concrete example of what these two psalms are talking about.
- a. How does the Pharisee exemplify the negative attitudes the Psalmist rejects in Psalm 131:1?
  - b. How is the tax collector like the speaker in Psalm 130?
  - c. What verdict does Jesus make upon these two men?
15. Examine your heart. How are you proud and haughty like the Pharisee?

How have you shown humility and repentance like the tax collector?

Ask God to align your heart with the truth and to give you rest in him through Jesus.

\*The  symbol indicates verses for further study.