

A Song to Sing in The Face of This Pandemic (Psalm 130)

All of us are keeping tabs on the “curve,” all of us are wondering if we’ll come down with this virus, and wondering how long this will go on for. We move in and out of loneliness, depression, anxiety, stress and fear. The Bible gives us an entire songbook to lean on - songs to sing in the face of our greatest fears and frustrations. What song will you sing in the face of this pandemic?

1. Start right where you are | a place of desperation (Psalm 130:1-4)

How do you approach God when you feel: numb, emotionally shot, depressed and troubled, weighed down by fear or overwhelmed by stress and anxiety? Just start where you are.

Can you cry for help? Ask for mercy?

V4 *“IF the LORD kept a record of sins...WHO could stand?”*

God will forgive (1 John 1:8-2:2)

God can fix what we have broken (2 Corinthians 5:17)

He *alone* removes the stain of sin.

= *A sense of awe, worship, and obedience flows out of this recognition.*

2. End with what is true about God | a place of expectation (Psalm 130:5-8)

V5 “my whole being waits” “in his word I put my hope.” Waiting is not inactivity.

The psalmist’s hope finds a place of rest.

The “waiting room” experience of life. = Cheese puffs, Dr Pepper, uncomfortable chairs, reality TV playing way too loud....and that evil clock. The ticking second hand screaming at me!

Waiting involves groaning. (Romans 8:20-24)

The Psalmist moves from desperation to a place of sweet expectation. We can too! Romans 8:31-39

Acts 16:25 = In the face of uncertainty, not knowing what the next day held, not knowing if those who beat them would walk into the cell with an axe and take their heads off - they sang.

Hope always has something it’s resting in. Where is your hope today?

V8 *“He himself will redeem Israel from all their sins”*

= He has redeemed AND he will redeem THROUGH Christ! Titus 2:11-15

Your fears, anxieties, depression, temptations are no match for God’s mercy!

QUESTIONS

1. Read Psalm 130. What line or verse in this song really stands out to you? Why does it stand out?
2. Describe the way this psalmist approaches God from “the depths.” What hope does that give us when we’re feeling afraid, anxious or troubled?
3. What have you learned from this song that may help you face the current crisis we’re all experiencing?
4. Read VV3-4. Why is it critical we remember and celebrate this forgiveness? How do things like communion, singing together, fellowship and House Group help us remember? What will happen if we forget? Consider 2 Peter 1:5-9 (emphasis on V9)
5. According to Psalm 130:4, why is God feared? Is this a new thought to you? Discuss.
6. Looks at V5. What does “waiting on the Lord” involve? How can we practice this kind of waiting more and more?
7. Read Psalm 130:7-8; Titus 2:11-15 and Romans 8:31-39. How does God’s redemption and love expressed through Jesus help you face this pandemic?

PRAY: Take time to practice what you see modeled in Psalm 130. Cry out to the Lord (from whatever depths you’re in) – feel free to use the words of this Psalm in your own prayer time.