

Theme & Passage(s)	Waiting on God Psalm 130
Welcome	Share an example of something that you waited for longer than you'd expected or that perhaps remains unfulfilled. How has that experience shaped you?
Worship	<p>Psalms and songs: <i>Cornerstone</i> (Hillsong) https://www.youtube.com/watch?v=QvLxZEU02uI <i>How Long?</i> (Stuart Townsend) https://www.youtube.com/watch?v=qdPT4EvYUHM The Steadfast Love of the Lord https://www.youtube.com/watch?v=EnOFh9WFe6k <i>Waiting here for you</i> (Christy Nockels) https://www.youtube.com/watch?v=em8EAHrW9fY</p> <p>Worship Ideas: Read Psalm 130:1-4 and allow it to guide your prayers of praise and thanksgiving.</p>
Word/ Read & Reflect	<p>Begin in silence, welcoming the Holy Spirit to guide you. If you haven't already read the passage read it now and then be silent. Read again. Be silent once more, attentive to the Spirit.</p> <p>Share out of this experience...</p> <p>If time, consider some of the following questions... The psalmist was clearly facing difficulties when he wrote Psalm 130. Each of the four stanzas hint towards actions we can take when we face difficulties, trials, doubts or times of waiting. What are the four actions the psalmist demonstrates?</p> <p>vv. 5-6 What do you think it means to 'wait for the LORD'? What do you think this attitude might look like? How do we practice it?</p> <p>In v.7 the psalmist exhorts Israel to put their hope in the LORD. This was written before the birth of Jesus. If this were a New Testament psalm how do you think it would differ? ie. where does Jesus fit into all of this? What does it mean for us as his followers? (if you want some clues you might want to look at Heb.4:14-16; Col.1:21-22; Romans 8:1-4; Romans 8:18-30; Rev. 22:1-5).</p>
Working it out	How will what you've discussed today impact you at home, at work, with your family? Break into smaller groups to discuss. Spend time praying for one another.

Extra

You may find it useful to also read the psalm in a slightly less familiar / easier to read translation:

**Psalm 130 (Contemporary English Version)
Trusting the Lord in Times of Trouble**

130 From a sea of troubles

I call out to you, Lord.

2 Won't you please listen
as I beg for mercy?

3 If you kept record of our sins,
no one could last long.

4 But you forgive us,
and so we will worship you.

5 With all my heart,
I am waiting, Lord, for you!
I trust your promises.

6 I wait for you more eagerly
than a soldier on guard duty
waits for the dawn.

Yes, I wait more eagerly
than a soldier on guard duty
waits for the dawn.

7 Israel, trust the Lord!
He is always merciful,
and he has the power
to save you.

8 Israel, the Lord will save you
from all of your sins.