

Theme: The Psalms teach us how to find hope in God when we are in the depths of difficulty and life seems totally disoriented.

I. Intro – Tough Books in Recent Weeks

- A. Job & Ecclesiastes – can be depressing!
- B. But important – life has tough times
- C. How do we respond when life seems disoriented?
- D. How do we find hope in God when in the depths?
- E. Psalm 130 – De Profundis; Beza's dying prayer

II. The Lament – Disorientation – vv1-2

- A. vv1-2 – Psalmist is in the depths – lament
 - 1. Most common type of Psalm – Ps 13:1-2
 - 2. Life seems disoriented (Brueggemann)
- B. The problem of fake super-spiritual “faith”
 - 1. Psalmist does not hide his confusion, difficulty
 - 2. This shows his faith – still comes to God!
 - 3. To deny our disorientation is lack of faith
 - 4. We begin by talking with God - honestly

III. The Reminder – The Gospel

- A. vv3-4 – The Gospel of grace!

- 1. Recognition of sin (v3)
- 2. Recounting of God's character (v3,6; 4)
 - a. He doesn't watch (same vb. as watchmen in vs 6) for sin
 - b. He is forgiving (v4)
 - c. God's great forgiveness – 2 Cor 5:21; 1 Jn 2:1-2
- 3. Result - fears God - because of forgiveness! (v4)

B. The problem of lurking guilt

- 1. In the pit we often think God is after us
- 2. God not a watchman for our sin – He knows it!
- 3. God is a God of forgiveness and grace!
- 4. We must preach the Gospel – to ourselves!

IV. The Resolve – Wait on the Lord

- A. vv5-6 – Wait on the Lord!
 - 1. Psalmist waits on the Lord (v5-6 – 3x)
 - 2. Nature & intensity of waiting (v6 – watchmen)
 - 3. The method of waiting – the Word (v5)
- B. The problem of microwave faith
 - 1. Notice the word chosen – wait

2. Difference between surface & gut knowledge
3. The pit can last for a while – wait on the Lord

V. The Outcome - Hope Restored

- A. vv7-8 – Hope restored – fresh hope in God
 1. Psalmist has fresh hope – encourages others
 2. The basis of hope – God's hesed (v7); Ps 136
 3. The basis of hope – God's redemption (v7-8)
- B. The problem of not encouraging others
 1. When we are delivered – others still in pit!
 2. We must not condemn, but encourage
 3. We must speak God's love & redemption

VI. Conclusion & Summary

- A. The reality of a disorienting season
 1. There are tough times in this present life
 2. Spiritual denial is not faith and will not heal
 3. Jesus weeping at Lazarus' tomb – just before raising him!
- B. The need to trust and cry out to God
 1. Disorientation must not lead to denial

2. Wait on the Lord and cry out to Him
3. “God moves” – Sovereign Grace

C. The need to reflect on God's character

1. God is for you – He loves you!
2. God is not eager to punish but to bless
3. Preach the Gospel to yourself & each other
4. Then we find God – even in the pit!

Out of the Depths - Finding Fresh Hope in God

Psalm 130
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Psalm 20:1-5

1 How long, O LORD? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

Psalm 13:1-2

21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Corinthians 5:21

1 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense-- Jesus Christ, the Righteous One. 2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

1 John 2:1-2