

Summer in the Psalms
July 1, 2018
Psalm 130
Study Questions

1. What songs are on your travel playlist?
2. What is the most memorable trip you have ever taken? What made it so remarkable?
3. When you read Psalm 130, what words or phrases stand out to you?
4. Where has God given you community to share in your journey? Have colleagues, friends or family shared your burdens? Have you been able to help another person with his or her journey?
5. When you have been in the “depths,” where do you look for help?
6. Has there been a time when God met you in scripture, in prayer or through another person? To the extent that is comfortable for you, describe that time.
7. Ignatius describes “sin” as “disordered attachment.” As you reflect on your life, ask: is there any physical or emotional habits I have that get in the way of my being available to God? Do I turn to food, drink, sex, exercise or sleep to avoid facing myself or God? What is my first response to stress, fear, worry or pain? Is it anger? Fear? Hyperactivity? Any habit that helps us avoid authentic engagement with God is a form of unhealthy attachment.
8. Where do you feel you need God’s help most right now? Is it easy or difficult to accept that God is able to help you and desires to help? Where do you look for help? Who do you call when you are in distress? Whose advice do you seek? How do you receive it?
9. This is a corporate psalm, one believers would sing together. What impact would it have on a community if every member believed he or she needed God’s mercy and trusted that God gives it us? In what ways do you add strength to your community by believing in the mercy and forgiveness we have in Christ? Take some time to reflect on the reality of God's forgiveness through Christ. How do you respond to the fact that God forgives all of your sin?
10. Which statements in this psalm encourage you most? Why? In what ways has God already shown that he has done everything described in this psalm?