

Sunday March 29, 2020 – Easter Hill United Methodist Church

Bible Study – Psalm 130

Open with a word of prayer

Gathering Time (5-10 minutes). In pairs or groups of three, take turns sharing stories of a time when you were in discomfort or pain (emotionally, spiritually, or physically). If you are by yourself take time to reflect on the statement.

Take a moment to give God thanks for your healing or deliverance.

Psalm 130. Context. One of the “penitential” psalms, this psalm expresses the despair of our sinfulness, but proclaims that not even the depths of despair and sinfulness are beyond God’s love and redemption. These words also reflect the experience of God’s people in exile.

Read Psalm 130

What touches your heart, what do you hear in the scripture, what questions do you have, or what doesn’t make sense to you in the story?

Write down your thoughts or share your thoughts with the person or group you are with.

Read Psalm 130 again

Reflection questions – Choose two or three. Write down your thoughts or share your thoughts with the person or group you are with.

- The difference between complaint and lament has been stated this way: In complaint we cry out about God; whereas, in lament we cry out to God (Stephen Farris, “Homiletical Perspective on Psalm 130,” *Feasting on the Word, Year A Vol. 2, p.131* cited in “Sermon Notes for Lent”).
- Is it appropriate to lament to God? [There’s a book of the Bible entitled Lamentations, so yes.] What sort of things might we lament to God? [atrocities, grief, pain, isolation, hunger, etc.]
- How might lamenting to God in the presence of the body of Christ (the Church) be reassuring?
- How do you feel about waiting? Do you welcome it or dread it? Why do you think waiting is seen as a positive posture toward God? (v. 5)
- What difference does it make to have someone who “waits” with us? How does the church function in a similar role?
- As we look ahead to Good Friday, read Luke 23:39-43. How are we like the person on the cross next to Jesus asking, “Remember me”?

Read Psalm 130

Blessed Assurance. God knows that we will stumble and fall; that we will suffer the consequences of our sins. Yet God will not abandon us if we repent. Can you believe that no matter how terribly you sin, no matter how far you wander from God, God will welcome you back if you want to come back?

Prayer (10 minutes). Share prayers answering the following statements:

I ask God for....

I thank God for.....

After all, have shared, pray the closing prayer

Closing Prayer – End by praying the following together:

God, who has experienced human suffering in Jesus Christ, remind us that we are never alone. Help us to experience Hallelujahs during times of grief and suffering. May we have the peace that passes all understanding. Guide our minds and our steps to be focused on the future that you are bringing in all that we do and say. And now we pray The Lord's Prayer....

Our Father who art in Heaven

hallowed be thy name.

Thy kingdom come, thy will be done,

on earth as it is in Heaven.

Give us this day our daily bread and forgive us our trespasses,

as we forgive those who trespass against us.

Lead us not into temptation

but deliver us from evil.

For thine is the kingdom, the power

and the glory, for ever and ever. Amen.