

A Psalm for the Depressed

Psalms for the Soul #5 – Joshua Winslow – June 10, 2018 – Psalm 130

Psalm 130:1-8 (ESV) *A Song of Ascents.* ¹ Out of the depths I cry to you, O LORD! ² O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! ³ If you, O LORD, should mark iniquities, O Lord, who could stand? ⁴ But with you there is forgiveness, that you may be feared. ⁵ I wait for the LORD, my soul waits, and in his word I hope; ⁶ my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning. ⁷ O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plentiful redemption. ⁸ And he will redeem Israel from all his iniquities.

How to bring our depression to the Lord for relief:

1. _____ for God's mercy.

Psalm 55:16 (ESV) But I call to God, and the LORD will save me.

Ephesians 2:4-5 (NLT) God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)

Galatians 4:6-7 (ESV) And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave, but a son, and if a son, then an heir through God.

2. _____ for God's response with expectation.

Acts 1:4 (ESV) "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about."

Luke 12:35-36 "Be dressed ready for service and keep your lamps burning, like men waiting for their master to return from a wedding banquet."

3. _____ in God's promised Word.

Romans 15:4 (ESV) For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

John 1:14 (ESV) And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

1 Peter 1:3 (ESV) According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead ...