

*Questions for Reflection and Discussion*

Out of the Depths

*Psalm 130*



*Read Psalm 130.*

1. Psalm 130 shows that being “down” can be part of a believer’s experience. In this psalm, how do you see the writer responding to feeling down?
2. When you’re feeling down, how can you – from the insight in this psalm – use your brain to help your heart?
3. When a friend is depressed, how can you be a biblical encourager – not just “someone with all the answers”?