

“Hope that Strengthens” Part 3
Mount of Olives | October 19, 2025 | Psalm 130
Pastor John Steward

Prayer of the Day

Heavenly Father, grant us the strength and hope to overcome the adversities of life. Help us to remember that through You, we can do all things. May we find hope in Your presence and courage in Your promises. In Jesus' name, Amen.

Scripture Reading

Psalm 130

Out of the depths I cry to you, O Lord. Lord, hear my voice! Let your ears be attentive to the voice of my supplications!

If you, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered.

I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.

O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem. It is he who will redeem Israel from all its iniquities.

Message Notes

Psalm 130:1-6

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If you, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered.

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Jeremiah 29:11

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.

Romans 15:4

For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope.

Study Questions

Read Psalm 130

ICEBREAKER – Getting started:

1. Think about a difficult time in your life... If you are in the midst of it right now, what are you doing that is helpful? If you have moved past the difficult time, what was helpful during the difficulty you faced?
2. Identify someone you know who you would consider to be an optimist. Describe that person. Why do you think they are so optimistic?

Based on Psalm 130, answer the following questions:

OBSERVATION – What does the text say?

1. As you read Psalm 130, what comes to mind? What stands out? What is interesting to you and why?
2. In one sentence, how would you summarize Psalm 130?
3. What does the psalmist mean by, "God marking iniquities"?
4. What does the psalmist say about, "redemption"?

INTERPRETATION – What does the text mean?

1. How does Psalm 130 reflect the feelings and emotions you experience in times of despair?
2. How can you relate to the psalmist's feelings of being in "the depths"?
3. How does your understanding of "God marking our iniquities" affect your perception of God's forgiveness?
4. How does the psalmist's depiction of forgiveness foster reverence and not fear?
5. Discuss the significance of hope and patience as expressed in verses 5-6.
6. How can the metaphor of "the watchman waiting for the dawn" be applied to your personal faith journey?
7. What does redemption mean to you in your current life situation?
8. How can you cultivate a sense of hope in God's redemption, as the psalmist suggests?
9. How does Psalm 130 help you understand the concept of divine mercy?
10. How does Psalm 130 reflect your need for community in our faith journey?
11. How does the hope for God's redemption influence your response to personal sin and guilt?
12. How does the concept of "waiting" in this Psalm resonate with our fast-paced modern society?

APPLICATION – How can you apply the text?

1. How can you apply the practice of forgiveness, as depicted in the Psalm, in your personal and social lives?
2. How can you apply the patience of the psalmist in your daily living, especially in challenging situations?
3. How can the practice of patience and hope, as described in the Psalm, influence your relationships with others?
4. What are some practical ways to remember and acknowledge God's forgiveness in times of personal guilt or despair?
5. How can this Psalm inspire you to maintain hope and faith during a personal or global crisis?
6. What are some tangible ways that you can demonstrate the "steadfast love" and "plentiful redemption" of the Lord in your interactions with others?