



PSALMS OF ASCENT

SONGS FOR THE JOURNEY



PSALMS OF ASCENT PSALM 130

July 5, 2026

SUNDAY REFRESHER

Psalm 130 speaks to one of the deepest questions every believer wrestles with: How does God feel about me when I've done something wrong? We all know what it means to fail, to make a mistake, or to sin and then wait for the response. That waiting can be agonizing because we naturally wonder what people think about us now. Have we disappointed them? Have we gone too far? Have we damaged the relationship beyond repair? Many of us carry those same fears into our relationship with God, assuming His posture toward us must be frustration, disappointment, or distance.

Yet Psalm 130 reveals something far more beautiful. The psalmist acknowledges the full weight of his sin and admits that if God kept a perfect record of iniquity, no one could stand. But the defining truth of the passage is this: "With you there is forgiveness." God's heart toward repentant sinners is steadfast love and plentiful redemption. Through Jesus Christ, we no longer have to wonder how God feels about us when we fail. The cross has already answered the question. Conviction is not meant to drive us away from God, but to draw us into the arms of the One who delights in mercy.

PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*



QUESTIONS

- *When you fail or sin, what is your natural instinct: to hide from God, to justify yourself, or to run toward His mercy?*
- *What is the difference between worldly guilt that leads to shame and godly conviction that leads to repentance and restoration?*
- *Have you experienced a time when you knew you were forgiven by God, but still struggled to feel forgiven? What helped you learn to wait on the Lord and trust His promises?*

SCRIPTURE REFERENCES

Psalm 130:1-8 | Psalm 86:5 | 2 Corinthians 7:10

CONCLUSION

Psalm 130 reminds us that the greatest problem we face is not simply that we make mistakes, but that we are sinners in need of redemption. If the Lord marked every iniquity against us, none of us could stand before Him. Yet the good news of the Gospel is that God does not deal with us according to what we deserve. In Christ, justice and mercy meet together. Jesus bore the judgment that belonged to us so that forgiveness could become a reality rather than a distant hope.

Because of the cross, we do not have to live in fear of God's response when we fail. His posture toward repentant people has already been revealed: steadfast love and plentiful redemption. The next time you stumble, do not run from Him. Run to Him. Confess honestly, trust completely, and remember that with the Lord there is forgiveness. He has already told us how He feels about those who belong to Him, and His answer is grace.

Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!