

Psalms

Psalm 130 | Trent Thompson

Making a habit of repentance creates a fruitful life.

A regular habit of repentance teaches us to see sin for what it is. (1-2)

A regular habit of repentance is God exalting. (3-4)

A regular habit of repentance builds faith. (5-6)

A regular habit of repentance builds others up. (7-8)

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Applying God's Word

1. Can you remember a time when you knew you needed to repent but it was really hard? What made it so hard? How did it go?
2. Read Psalm 130 together. What are the indicators that this Psalm is about repentance and forgiveness?
3. How would you define repentance in your own words? Do you remember how we defined it in our study together Sunday?
4. Which stanza stands out to you most and why? Did anything stand out from the sermon this week?
5. In the sermon we looked at several benefits of repentance indicated in this Psalm. What are some other benefits of making repentance a regular habit?
6. In spite of these benefits, repentance is hard. It is a habit that must be continually reinforced. What are some ways we can grow in practicing this habit?

Memory Verse: Psalm 130:5

I wait for the Lord, my soul waits, and in his word I hope.

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