

### From Helpless to Hopeful - Psalm 130

*How can we move from helplessness to hopefulness?*

1. \_\_\_\_\_ out to the Lord.  
(verses 1-2)
2. \_\_\_\_\_ the forgiveness of the Lord.  
(verses 3-4)
3. \_\_\_\_\_ on the deliverance of the Lord.  
(verses 5-6)
4. \_\_\_\_\_ in the love of the Lord.  
(verses 7-8)



### Read Psalm 130

Redemption comes from Christ alone. Take time this week to cry out to Jesus in prayer, confessing and repenting of any sin in your life. Remember His promise of forgiveness. Knowing that Jesus is your deliverance, cling to His grace and praise His Holy name. Thank God for His faithful promise that moves us to hopefulness.

1. Read Psalm 32 What does this Psalm teach us about crying out to Jesus for mercy?
2. Read Lamentations 3:22-26 From reading these verses, what do you understand as the reason we can wait on the Lord and put our hope in Him?
3. How does hopefulness, looking expectantly toward full redemption, help us get through each moment of each day here on earth?
4. What struggles or feeling of helplessness do you still encounter when trying to move toward hopefulness?

This week in your quiet time, read Psalm 103. Meditate on the truth found in verses 8-12.

### From Helpless to Hopeful - Psalm 130

*How can we move from helplessness to hopefulness?*

1. \_\_\_\_\_ out to the Lord.  
(verses 1-2)
2. \_\_\_\_\_ the forgiveness of the Lord.  
(verses 3-4)
3. \_\_\_\_\_ on the deliverance of the Lord.  
(verses 5-6)
4. \_\_\_\_\_ in the love of the Lord.  
(verses 7-8)



### Read Psalm 130

Redemption comes from Christ alone. Take time this week to cry out to Jesus in prayer, confessing and repenting of any sin in your life. Remember His promise of forgiveness. Knowing that Jesus is your deliverance, cling to His grace and praise His Holy name. Thank God for His faithful promise that moves us to hopefulness.

1. Read Psalm 32 What does this Psalm teach us about crying out to Jesus for mercy?
2. Read Lamentations 3:22-26 From reading these verses, what do you understand as the reason we can wait on the Lord and put our hope in Him?
3. How does hopefulness, looking expectantly toward full redemption, help us get through each moment of each day here on earth?
4. What struggles or feeling of helplessness do you still encounter when trying to move toward hopefulness?

This week in your quiet time, read Psalm 103. Meditate on the truth found in verses 8-12.