

## Psalm 130.

### *The 11<sup>th</sup> Song of Ascent*

This Week's Practice:

### Prayer of Mercy

Christians have prayed short prayers of mercy during seasons of **struggle, failure, and waiting**. These prayers remind us that we do not climb out of the depths by our own strength. Instead, we cry out to the God whose Grace is greater than our brokenness.

This week, spend a few moments each day practicing a Prayer of Mercy with Psalm 130.

### How to practice the Prayer of Mercy:

#### Confront the 'Depths'

What areas in your life have been impacted by the chaotic forces of destruction, devastation, or death? Make a list of anything that comes to mind.

#### Read

Read Psalm 130

#### Cry Out

In posture of prayer, respond to each of the "depths" you listed in step one with:  
"Jesus, have mercy on me."

*For example: "Jesus, I am struggling with feelings of self-worth. Have mercy on me."*

#### Wait

Rest in God's presence for a moment or two.

#### Receive

Respond to each of the depths listed and cried out for by adding a proclamation of the Gospel that comes out of Psalm 130 to your prayer: **"With You there is forgiveness."**

*For example: "Jesus, I am struggling with feelings of self-worth. Have Mercy on me.  
With You there is forgiveness."*

Allow yourself to rest in God's forgiveness and close your time of prayer with gratitude.

## Psalm 130

### *The 11th Song of Ascent*

- Psalm 120-134 are known as the \_\_\_\_\_ of \_\_\_\_\_.
  - **Psalm 130:**
    - Is a prayer-song of \_\_\_\_\_.
  - **A note on מִמַּעַמְקִים (mimma'amaqim), or "Out of the Depths:"**
    - The word 'depths' refers to the chaotic forces that confront human life with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- “Psalm 130 serves an important purpose: to address any temptation towards \_\_\_\_\_ by reminding people that they must confront their own \_\_\_\_\_.”
- Patrick D. Miller, TNIB
- **“One Thing:” God’s law is ultimately \_\_\_\_\_.**

## The Testimony of Gayle Kott

- What characteristics of God does Gayle reference in her testimony?
- Where do you notice the presence of God in Gayle’s story?
- What response does Gayle’s story invite or encourage in you?