

Linger  
This week's reading: Psalm 130  
Discussion Guide: February 4, 2024

**CHECK UP:**

Memory work: Teach us to number our days, that we may gain a heart of wisdom. – Psalm 90:12

- In what way did “numbering your days” impact the way you lived or thought this past week?

**OPEN:**

- Who did you B.L.E.S.S. this past week? What action steps did you take?

**READ and ASK: Psalm 130**

- What stands out from the text?
- What does this Psalm say about God?

**READ Psalm 130 again**

- What does this Psalm say about ourselves/people?
- How does lingering on God's forgiveness motivate us to fear and worship God?
- With what attitude does the psalmist wait on the Lord?
  - o What does it look like for us to optimistically wait on the Lord?
- What New Testament passages come to your mind as you read this psalm?

**APPLY:**

- When have you cried out to God “out of the depths”?
  - o Have you ever felt “in the depths” over your own sin?
- In what way does this text most speak to you?
  - o What action does this text challenge you to take?
- What are some valuable truths that this text contains that you can share with others?
- NEXT STEP: How can lingering on God's forgiveness impact the way you live this week?

Memory Work:

If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. – Psalm 130:3-4

Next Week's Reading:

Psalm 133