

# Mental



## ✔ Prepare in Advance

Facilitator: In advance of the session:

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✔ Introduce

Before reading the text, ask the following question to introduce today's session:

- What does guilt feel like – how do we experience guilt in our emotions, in our minds, and even in our bodies?
- Now have someone read the Psalm 130 out loud, then show the *Bible Background Video*.

## ✔ Out of the Depths

Use the following questions to encourage discussion.

- Why is the psalmist's opening image – “out of the depths” (or “deep water”) – so appropriate to the situation?
- Explain what the psalmist is expressing in verse 3. Does this mean that God doesn't keep track of our sins? If not, what does it mean?
- Whether God keeps records or not, what is more important, according to verse 4?
- If others in the group have different translations, have them read verse 4 aloud and compare the different versions. Why, according to the psalmist, does God forgive us?
- So what is the psalmist's response to God's mercy in verses 5-6? What does it mean to wait on God's mercy like this?
- Talk about the image of the watchman, who eagerly waits for the dawn – for clarity, for safety. Why can a watchman wait confidently for the dawn, and why is this a comforting image for us as we wait on God's mercy?
- What response does the psalmist urge from God's people (verses 7-8)? What does it mean to “hope in the Lord” (v. 7)?

## ✔ Life-Changing Forgiveness

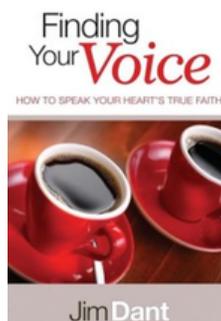
- The psalmist was sure that God would forgive, and yet he still promises to wait and trust. Even when we

are confident of God's forgiveness, why is it important to not take that mercy for granted?

- Have you ever experienced the kind of mercy the psalmist mentions here?
- How can this mercy change the way we treat others? How can it change the way we treat ourselves?

Close with prayer.

**By Jon Parks**



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