

Retreat 2022
3. A Song for the Distressed (Psalm 130)

Lucas Durant

1. Christians sometimes face extreme misery and affliction

2. Our own sin is the cause of our deepest problems

3. There is hope for Christians in deep waters

4. God himself is our blessedness and reward

Psalm 130 (NIV)

A song of ascents.

¹ Out of the depths I cry to you, Lord;

² Lord, hear my voice.

Let your ears be attentive
to my cry for mercy.

³ If you, Lord, kept a record of sins,
Lord, who could stand?

⁴ But with you there is forgiveness,
so that we can, with reverence, serve you.

⁵ I wait for the Lord, my whole being waits,
and in his word I put my hope.

⁶ I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.

⁷ Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.

⁸ He himself will redeem Israel
from all their sins.