

**PSALM 130**  
**COMMUNITY GROUP QUESTIONS**

1. Read Psalm 130. What did you find helpful or encouraging from this week's passage and message?
2. The psalmist moves from "out of the depths" to "with him is plentiful redemption." Where have you experienced that kind of movement in your own life—from valley to mountaintop?
3. How do you personally distinguish between guilt ("I did something wrong") and shame ("I am something wrong")? Where do you see each one showing up in your life right now?
4. *"If the problem is within, the solution has to come from without."* How does that statement challenge our culture's emphasis on self-help and self-discovery?
5. In light of verse 4, how does God's forgiveness actually increase a healthy fear (awe, reverence) of him rather than decrease it?
6. Re-read verses 5 & 6...what does waiting on God look like for you practically? Where do you struggle most with impatience in your walk with him?
7. When it comes to "counterfeit hopes" (money, success, relationships, self-improvement, etc.), what counterfeit hopes are you most tempted to trust in right now instead of hoping in the Lord?
8. How does believing that God's love is steadfast and his redemption is plentiful change the way you handle recurring sin, failure, or shame?
9. This psalm moves from "I" language to "O Israel, hope in the Lord." What might it look like for our group/church to practice this kind of communal repentance, waiting, and hoping together—not just as individuals?