



Waiting

1. Prayer

2. Penitence

3. Perseverance

4. Praise

1. Review

On Sunday we looked how Psalm 130 provides a biblical understanding of how to grow in spite of periods where we seem to be waiting for the fulfilment of God's plans, promises and purposes in our life.

We want to be a people who will wait in prayer, in soberness about our sin, and actively watching out for the outworking of God's plan in our lives.

2. Read

- **Psalm 130**

2.1 Waiting

- Prayer – the psalmist first instinct in times of turmoil is to cry out to God
- Penitence – we see the psalmist then expressing sorrow for his sin and claims God's forgiveness
- Perseverance – waiting is a clear part of our sanctification – why is waiting good for us:
 - External circumstances are used to teach us patience
 - Waiting refines our character
 - Waiting attacks self-reliance
 - Waiting exercises our faith
 - We can practice being active watchman
- Praise – the psalmist culminates in praise of God's steadfast love and His plentiful redemption

3. Reflect

- What are you waiting for?
- Do we ever cry out to God in a heartfelt way – or are our prayers a quiet conversation?
- Why is it important to be open to repentance when we come to God and commune with him?
- Have you anything to be penitent about in the way you have been frustrated or have acted during the lockdown or other periods of waiting in your life?

4. Respond

As a group spend some time in prayer and reflection on what you have learned and come into the presence of God. Allow the Holy Spirit to use your gifts to encourage and bless each other.

Take some time as a group to pray for forgiveness, endurance and hope as we go through periods of waiting.

5. Reach

If you have been waiting for loved ones to come through to Christ how does this psalm help you come to God with your fears and frustration?