

Scripture: Ps. 130
Psalms: 227:1-3 – 160:1-4 – 235:1-3 – 313:1-5

**A HEALTHY AND BLESSED BELIEVER
I. DISTRESS II. DELIVERANCE III. DEBT**

I. The distress experienced (v. 1-3)

A. This believer knew *only comfort in life and death*

1. His journey to get there was not comfortable (1-3)

a. what occasioned his crying?

b. why was this a healthy and blessed reality?

2. To set of on his journey, you need to face your spiritual condition

a. study God's x-ray of yourself: Romans 3:10-19

b. study till you begin to grasp *how great your sins & miseries are!*

- we need to stop *talking and thinking* about ourselves

- we need to begin *crying and weeping* about ourselves

II The Deliverance seen and experienced (vs. 4-6)

A. Poet of Ps. 130 did not stay in dismal depth

1. Holy Spirit's saving work is to lead to *salvation*

a. discovering and convicting of sin is no goal itself but means to lead sinners to feet of Jesus Christ (John 16:14-15)

B. It was revealed that *there is forgiveness with God* (vs. 4)

1. This truth is the *gem of the Gospel*: Exodus 34:6-8

a. God's glory is *The LORD, the LORD God, merciful, and gracious, longsuffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin*

- Micah 7:18; Is. 55:7-9

b. in Jesus' sacrifice He opened the way to pardon sinners

2. The truth is of God's forgiveness is a struggle to believe (vs. 5-6)

a. such a struggle to believe God alone needs to overcome

III. The debt we owe God

A. Poet gave expression to his thankfulness to God *by encouraging others* (7-8)

1. He wrote Psalm not to call attention to himself *but to encourage others*

a. There is hope even if God has marked all your iniquity

b. This hope is based on the glorious revelation of God's sovereign grace
Rom. 9:15-16 *For he saith to Moses, I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion. So then it is not of him that willeth, nor of him that runneth, but of God that sheweth mercy.*

2. Let the redeemed of the LORD join this poet in his praises of vs. 7-8

B. Poet also expressed his thankfulness to God by *walking in the fear of Lord*

1. To fear the Lord is to be reverence His will and honor His being (vs. 4)

a. Rom 8:12: *Therefore, brethren, we are debtors, not to the flesh, to live after the flesh* (Rom. 12:1-2)

2. Fruit of thankfulness expressed in holy living is hallmark of redemption

a. Christ comes always with a blessing in each hand: *forgiveness in the one and holiness in the other!*

b. *Nothing can set aside the evidence of a holy life. It is better than any claim of a revelation from heaven.* (W. Plumer)

Close: *Today if you **will** hear his voice, harden not your hearts!* (Heb. 3:7)

Questions to consider and discuss:

1. Examine the seven Beatitudes describing the true citizen of Kingdom of heaven in Matt. 5:3-9. Can you see the three aspects of sense of misery, discovery of redemption and the fruit of thankfulness reflected in these marks of the true Christian?
2. Are the three aspects of misery, deliverance and gratitude *stages or elements* of genuine spiritual life?
3. Is God's ultimate purpose in saving sinners their happiness? If not, what is it then? Which Scriptures can you find to support this?
4. *Salvation without discipleship is cheap grace.* Why is that true?