

Sunday School Lesson, July 28, 2024
Rev. Mark A. Seals, Instructor/Teacher
Mike Moore, Superintendent

Lesson—God Redeems Us¹

Text—Psalm 130:1-8

I. Aim for Change/Learning Objectives

By the end of this lesson, we will...

1. Explore connections between God’s hearing, forgiveness, and being revered.
2. Develop confidence in God’s steadfast love and desire to forgive.
3. Express assurance in God’s redemptive power.

Why This Lesson Matters: Psalm 130 reminds us that when sin drags us down, the Lord’s power to redeem us will set us on our feet again.

Key Verse—(Psalm 130:7) *Let Israel hope in the Lord: for with the Lord there is mercy, and with him is plenteous redemption. (KJV)*

Song of Praise and Worship: “*I’ve Been Redeemed*”, by Jesse Dixon

II. Points to be Emphasized

- ❖ *God's mercy is the psalmist's source of hope (v.5), as the Lord is the source of redemption (v.7-8). Indeed, divine forgiveness turns this Penitential Psalm, which began with the lament in verse one, into a song of praise.*
- ❖ *God's loyal love for believers drives his willingness to forgive and restore those who humbly confess their sins.*
- ❖ *God does not keep a record of our sins.*
- ❖ *Feelings of guilt do not have to overwhelm us when we sin.*

III. Historical/Biblical Background and Lesson Context

The 150 psalms in the Bible have been divided into 5 divisions/books from the time of Ezra. Psalm 130 is considered to be one of the songs of degrees. Many scholars believe that the Psalms were written over the course of some 200 years as evidenced by the references to God redeeming Israel and the exile.

From this Psalm, scholars cannot definitively identify who the author is or pinpoint the approximate date of its scribing. However, because of the nature and tone of the Psalm, some would advocate for David being the author. Psalm 130

¹ Outline Content courtesy of the Sunday School Publishing Board Teacher Manual, which should be purchased at www.sspbnbc.com

does present 3 discernible stages of the writer's experience. First, we find him assuredly in a state of great inward distress. Second, the experience is identified as he appeals to a forgiving and compassionate God. Third, he experienced the reality of knowing that there is forgiveness with God.

Given the context of this particular Psalm, we would all do well to examine our lives by the word to identify any sin, confess, and repent. When we do, we have God's word that he will forgive and cleanse us from all unrighteousness.

IV. *Prominent Character(s) in the Lesson*

David: David was one of the most influential figures in the Old Testament period he was the 2nd king of Israel and played a vital role in establishing the nation. David was also a great military leader, and he is known for his defeat of the giant Goliath.

V. *Key Terms in the Lesson (KJV)*

<i>Abundant</i>	<i>Cried</i>	<i>Forgiveness</i>
<i>Hear</i>	<i>Lord</i>	<i>Morning</i>
<i>Wait</i>		

VI. *Topical Outline of the Lesson*

1. Introduction
2. Confidence of Forgiveness (Psalm 130:1-4)
3. Hope for Redemption (vv. 5-8)

Food for thought and question for consideration: (What have we learned Charlie Brown?)

- A challenge of this lesson is acknowledging the connection between being forgiven by God and forgiving others. Is there someone in your life that you should forgive in light of how God has forgiven you?