

DAY 19 – Out of the Depths

Psalm 130

130 *Out of the depths have I cried unto thee, O LORD.*

² *Lord, hear my voice: let thine ears be attentive to the voice of my supplications.*

³ *If thou, LORD, shouldest mark iniquities, O Lord, who shall stand?*

⁴ *But there is forgiveness with thee, that thou mayest be feared.*

⁵ *I wait for the LORD, my soul doth wait, and in his word do I hope.*

⁶ *My soul waiteth for the Lord more than they that watch for the morning: I say, more than they that watch for the morning.*

⁷ *Let Israel hope in the LORD: for with the LORD there is mercy, and with him is plenteous redemption.*

⁸ *And he shall redeem Israel from all his iniquities.*

Focus: Hope Rising from the Depths

Psalm 130 begins with a desperate plea: “Out of the depths I cry to You, O Lord.” The depths represent guilt, sorrow, or overwhelming circumstances. Yet even from the lowest place, the psalmist calls out in faith. Lent reminds us that no depth is too deep for God’s mercy. When we cry out, we are reaching toward redemption.

The psalm emphasizes waiting: “My soul waits for the Lord more than those who watch for the morning.” Waiting here is hopeful expectation. Just as morning inevitably follows night, God’s mercy follows sincere repentance. Redemption is not earned; it is received. With the Lord, there is abundant mercy — not partial grace, but overflowing love.

Psalm 130 ends with a promise of full redemption. The God who hears our cries also restores our future. As we journey through Lent, this psalm teaches us that even in the depths, hope is rising. God’s redeeming love is stronger than our lowest moments.

Prayer: Redeeming God,

Hear us when we cry from the depths. Strengthen our hope as we wait for You and fill us with confidence in Your abundant mercy. Amen.