

# Lomax Temple A.M.E. Zion Church Sunday School

## Topic: God Redeems Us July 28, 2024 – Psalm 130 (NRSV)

**Sunday School 9:15 A.M. – 8 minutes per section  
5 minutes General Discussion**

1. Read Ps. 130:1-2. A) Give a brief introduction of this Psalm. B) Revisit the definition of *metaphor* and apply the various metaphoric forms related to “depths”; which form is the Psalmist using? C) Within these verses tell the type of relationship the Psalmist has with the Heavenly Father and explain why.
2. Read Ps. 130:3-4. A) Dissect, examine and tell what you think the Psalmist means by stating, “if you, O Lord, should mark iniquities...” B) Revisit the definition of *rhetorical* then apply it to these verses. C) List some take-away thoughts on the contrast between our “outer and inner” humanity in regard to sinfulness.
3. Read Ps. 130:4-6 A) Revisit the Christian definition of *forgiveness* then explain how it is presented in verse 4. B) Explain God’s posture toward humanity. C) In your opinion, do you think God is keeping a record of our sins? Explain your answer; what does it mean to “wait for the Lord”?
4. Read Ps. 130:7-8. A) Revisit the Christian definition of *redemption* and apply it to these verses. B) Has everyone been redeemed? Explain. C) What does this transformation from “lamenting” to “a song of praise” say to Christians today regarding the power of God’s forgiveness and how we should relate one to another?

### Lesson Application:

A) Write your psalm to God asking for forgiveness.

B) Write an expected response to that psalm in a form of a letter from God.

### Homework:

Worksheet: “Delightful Precepts” & “Expectant Watchfulness”