

## Psalm 130 New Living Translation

### A song for pilgrims ascending to Jerusalem.

- <sup>1</sup> From the depths of despair, O LORD,  
I call for your help.
- <sup>2</sup> Hear my cry, O Lord.  
Pay attention to my prayer.
- <sup>3</sup> LORD, if you kept a record of our sins,  
who, O Lord, could ever survive?
- <sup>4</sup> But you offer forgiveness,  
that we might learn to fear you.
- <sup>5</sup> I am counting on the LORD;  
yes, I am counting on him.  
I have put my hope in his word.
- <sup>6</sup> I long for the Lord  
more than sentries long for the dawn,  
yes, more than sentries long for the dawn.
- <sup>7</sup> O Israel, hope in the LORD;  
for with the LORD there is unfailing love.  
His redemption overflows.
- <sup>8</sup> He himself will redeem Israel  
from every kind of sin.

### For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that 'shimmered' as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer.

Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

## Psalm 130 Tree of Life Version

<sup>1</sup> A Song of Ascents.

Out of the depths I cry to You, *ADONAI*!

<sup>2</sup> Lord, hear my voice!

Let Your ears be attentive to the sound of my supplications.

<sup>3</sup> If You, *ADONAI*, kept a record of iniquities—

my Lord, who could stand?

<sup>4</sup> For with You there is forgiveness,

so You may be revered.

<sup>5</sup> I wait for *ADONAI*, my soul waits,

and in His word I hope.

<sup>6</sup> My soul waits for my Lord,

more than watchmen for the morning,

watchmen for the morning.

<sup>7</sup> O Israel, wait for *ADONAI*.

For with *ADONAI* there is lovingkindness,

and with Him is full redemption,

<sup>8</sup> and He will redeem Israel

from all its iniquities.