

Session 3 – Exploring and expressing the depths

‘Out of the depths I cry to you Lord ...’ (Psalm 130 v1)

What is the imagery used here? How does this expand our understanding of ‘*deep calls to deep*’?

Using the two psalms below, explore David’s mental, emotional and physical state. You might want to assess his mood, outlook, state of mind, physical health, sleep patterns, emotions, etc.

Within the expressions of darkness, how is hope expressed?

Psalm 6: A psalm of David (v1-7)

O LORD, don’t rebuke me in your anger
or discipline me in your rage.
Have compassion on me, LORD, for I am weak.
Heal me, LORD, for my bones are in agony.
I am sick at heart.
How long, O LORD, until you restore me?
Return, O LORD, and rescue me.
Save me because of your unfailing love.

For the dead do not remember you.
Who can praise you from the grave?
I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears.
My vision is blurred by grief;
my eyes are worn out because of all my enemies.

Psalm 38: A psalm of David (v1-12)

O Lord, don’t rebuke me in your anger
or discipline me in your rage!
Your arrows have struck deep,
and your blows are crushing me.
Because of your anger, my whole body is sick;
my health is broken because of my sins.
My guilt overwhelms me—
it is a burden too heavy to bear.
My wounds fester and stink
because of my foolish sins.
I am bent over and racked with pain.
All day long I walk around filled with grief.
A raging fever burns within me,

and my health is broken.
I am exhausted and completely crushed.
My groans come from an anguished heart.
You know what I long for, Lord;
you hear my every sigh.
My heart beats wildly, my strength fails,
and I am going blind.
My loved ones and friends stay away, fearing my
disease.
Even my own family stands at a distance.
Meanwhile, my enemies lay traps to kill me.
Those who wish me harm make plans to ruin me.
All day long they plan their treachery

Like almost every lament psalm, the psalmist ends by expressing his hope in God:

Psalm 6: (v8-11)

Go away, all you who do evil,
for the Lord has heard my weeping.
The Lord has heard my plea

the Lord will answer my prayer.
May all my enemies be disgraced and terrified.
May they suddenly turn back in shame.

Psalm 38: (v13-22)

But I am deaf to all their threats.
I am silent before them as one who cannot speak.
I choose to hear nothing,
and I make no reply.
For I am waiting for you, O Lord.
You must answer for me, O Lord my God.
I prayed, “Don’t let my enemies gloat over me
or rejoice at my downfall.”
I am on the verge of collapse,
facing constant pain.

But I confess my sins;
I am deeply sorry for what I have done.
I have many aggressive enemies;
they hate me without reason.
They repay me evil for good
and oppose me for pursuing good.
Do not abandon me, O Lord.
Do not stand at a distance, my God.
Come quickly to help me,
O Lord my saviour

How can this help us when we feel that we have failed and we are struggling in our relationship with God?