



Island Pond Baptist Church | Pastor Kyle Lewis | September 6, 2026

The Way Out of the Depths

Psalm 130

Because there is _____ and full redemption with the Lord, cry to him, trust him, wait for him, and hope in him.

1) When sin pulls you into the depths, _____ to the Lord (vv. 1–2)

Psalm 130:1-2

The psalmist does not _____ out. He cries out.

Repentance is _____ from sin to God in faith, because of the grace offered to us in Christ.

2. When guilt condemns you, _____ the Lord's forgiveness (vv. 3–4)

Psalm 130:3-4, Romans 3:23, Romans 6:23, Psalm 130:4



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You need a big “_____” to get past your big problems.

Psalms 130:3-4

3. When God feels distant, _____ on the Lord and trust his Word (vv. 5–6)

Psalms 130:5-6

There are times when our feelings tell us something different than our _____.

“God has _____, therefore I will trust and wait.”

Psalms 130:6, Jeremiah 49:11

4. When you discover God's grace, _____ others to hope in him (vv. 7–8)

Psalms 130:7-8

“What began as personal guilt, repentance, faith, and waiting now becomes public testimony. The psalmist has discovered something about God that he wants everyone else to know.” -James Montgomery Boice

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