

Mount Zion A.M.E. Church of New Brunswick, NJ  
07/28/2024

By Paul T. Bennett Church School Superintendent

# SUNDAY SCHOOL Quarter Preview

## Hope In the Lord: Experiencing Hope

### ■ 7/7 – **Lamentations 3:16-24**

Despite his despair at the destruction of Jerusalem, Jeremiah still had a message of hope that God would still restore His people after their exile

# SUNDAY SCHOOL Quarter Preview

## Hope In the Lord: Experiencing Hope

- **7/14 – Psalm 71:12 – 21**

David is going through personal trauma as his own son Absalom turns against him. He laments to God on his personal affliction, but still puts his trust continually in God to deliver him

# SUNDAY SCHOOL Quarter Preview

## Hope In the Lord: Experiencing Hope

### ■ 7/21 – Psalm 119:73 – 80

The author puts his hope in the Word of God for guidance and understanding, giving him comfort. He also acknowledges the discipline of God, which is for the author's benefit

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# Hope In the Lord

## Expressing Hope

# Expectant Watchfulness

# Psalm 130

# Background

- There are over 150 Psalms that are broken down into 5 separate books
  - Book 1 (1-41)
  - Book 2 (42-72)
  - Book 3 (73-89)
  - Book 4 (90-106)
  - Book 5 (107-150)

# Background

- Psalm 130 is part of what is called the 'penitential' psalms or psalms of confession, where they express sorrow for sin
- It is also the 11<sup>th</sup> of 15 'Songs of Accents' (120 – 134)

# Background

- The Songs of Accents are broken into 4 categories:
  - Laments (120, 123, 126, 130)
  - Thanksgiving (121, 122, 131)
  - Community hymns (124, 125, 129, 134)
  - Wisdom (127, 128, 133)
  - Royal Song about God in Zion (132)

# Background

- Four of these Psalms are attributed to David (122, 124, 131, 133) and one to Solomon (127), while the other 10 are anonymous
- It is possible they were written during the Babylonian captivity



# Background

- By tradition, it was thought to have been read or sang by Israelite pilgrims on their way to Jerusalem to celebrate various annual rituals like Passover, Feast of Weeks, Feast of Tents or Tabernacles

# Commentary: From Faith to Hope

## Hope

= Faith + Sufferings +  
Perseverance + Character

START (FAITH)

FINISH (HOPE)

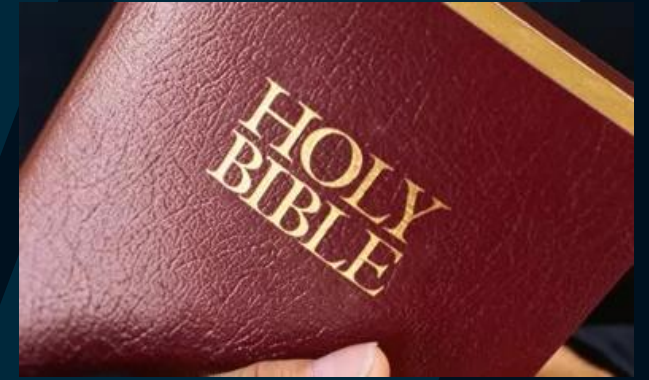
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# Lesson Text

A Song of Ascents

## PSALM 130:1 – 3 (NKJV)

<sup>1</sup> Out of the depths I have cried to You, O Lord; <sup>2</sup> Lord, hear my voice! Let Your ears be attentive To the voice of my supplications. <sup>3</sup> If You, Lord, should [a]mark **iniquities**, O Lord, who could stand?



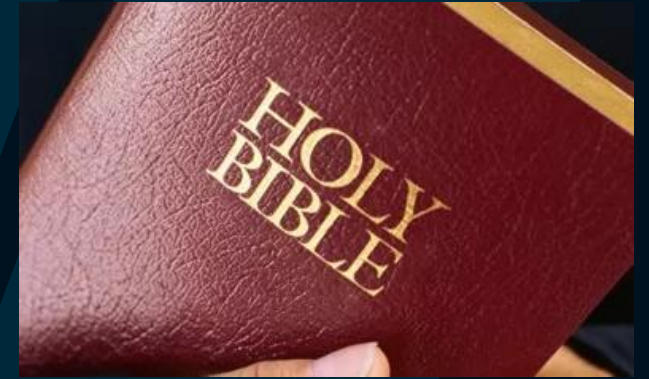
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# Lesson Text

A Song of Ascents

## PSALM 130:4 – 5 (NKJV)

<sup>4</sup> But there is forgiveness with You,  
That You may be feared. <sup>5</sup> I wait for  
the Lord, my soul waits, And in His  
word I do hope.



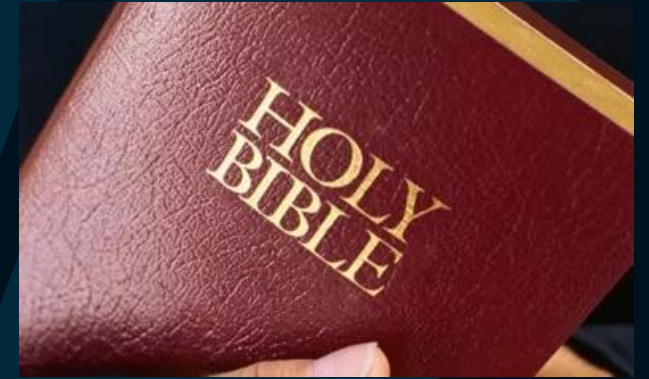
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# Lesson Text

A Song of Ascents

## PSALM 130:6 (NKJV)

<sup>6</sup> My soul waits for the Lord More than those who watch for the morning—Yes, more than those who watch for the morning.



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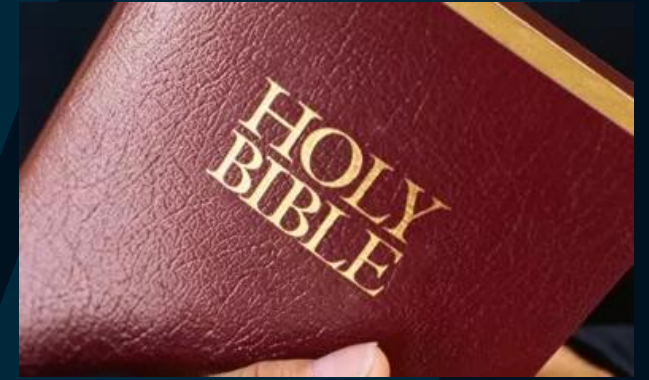
# Lesson Text

A Song of Ascents

## PSALM 130:7 – 8 (NKJV)

<sup>7</sup> O Israel, hope in the Lord; For with the Lord there is mercy, And with Him is abundant redemption.

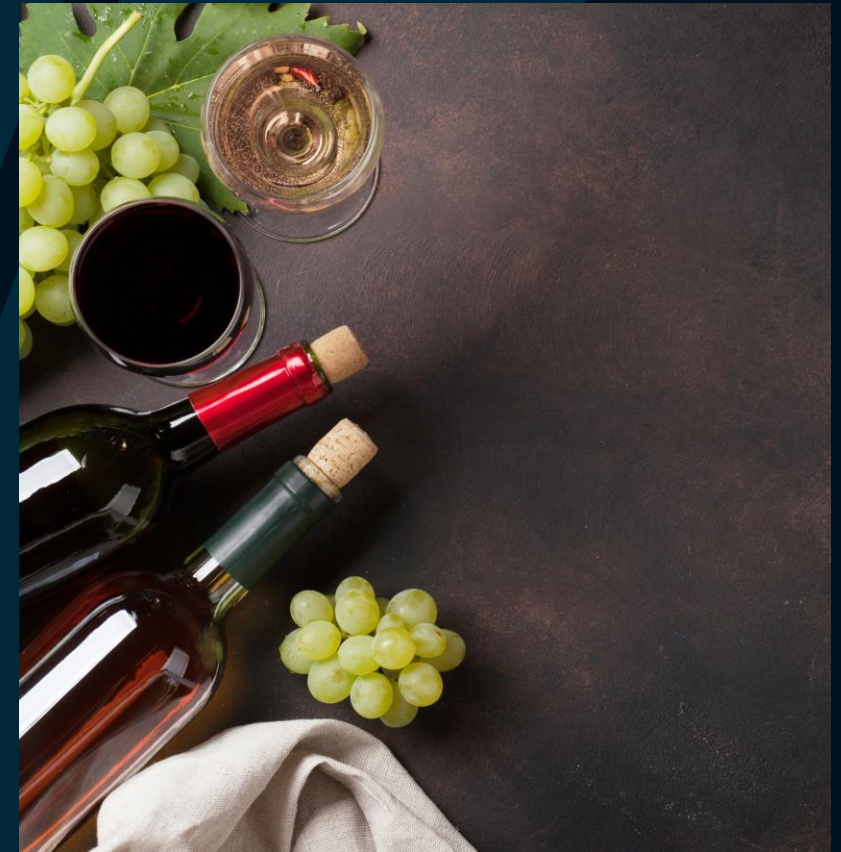
<sup>8</sup> And He shall redeem Israel From all his **iniquities.**





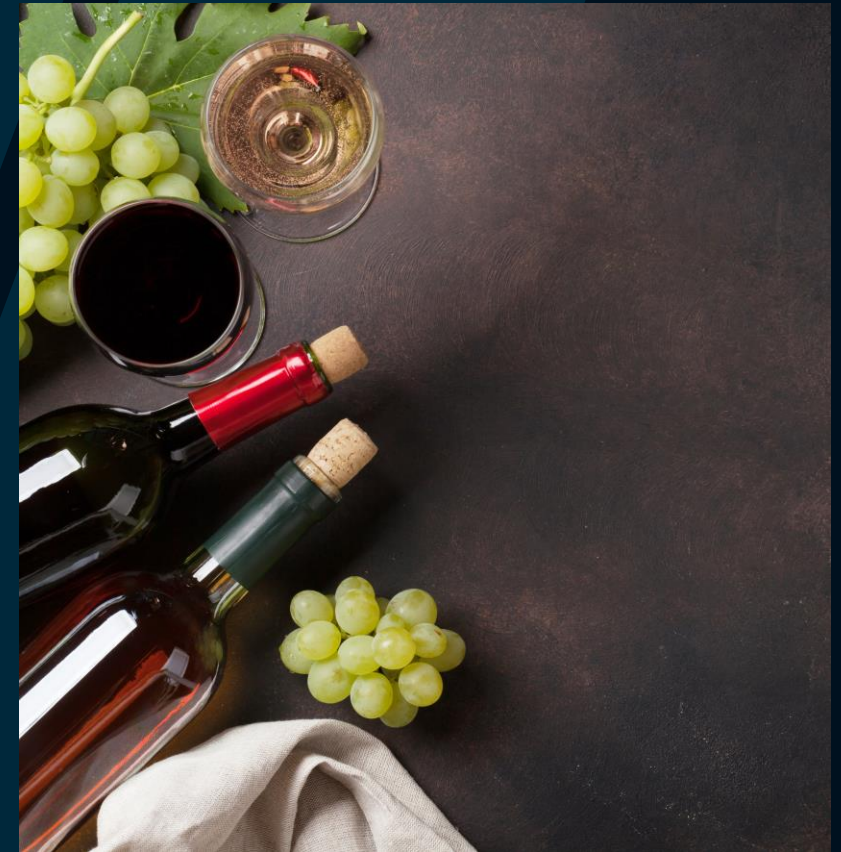
# Commentary: Sin Levels

- **Sin** – any thought or action that goes against God, whether by commission or omission, whether intentional or unintentional
  - E.g. – unknowingly getting drunk



# Commentary: Sin Levels

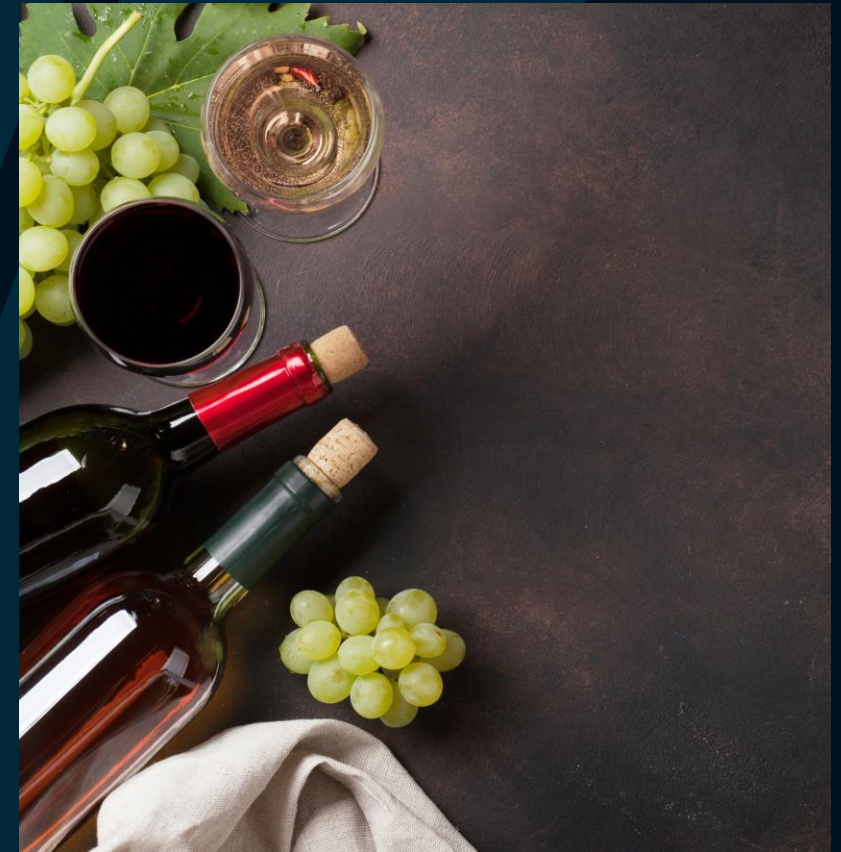
- **Transgression** – intentional sin, knowing it's wrong, but doing it anyway regardless of the consequences
  - E.g. knowingly getting drunk





# Commentary: Sin Levels

- **Iniquity** – transgression that has become lifestyle to such a degree you do not know anything else or can no longer have self-control
  - E.g. Alcoholism



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# Commentary: God is Able

- Despite the writer and the nation's level of sin, the author puts his confidence in God to redeem and save His people from their captivity
- Hope endures in the most difficult of times and can get us through many situations

# Commentary: God is Able

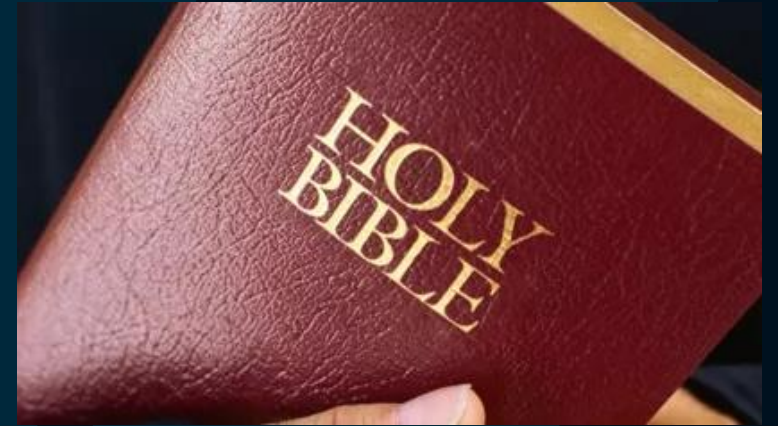
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- Hope endures in the most difficult of times and can get us through many situations

# Commentary: Waiting on the Lord

- We mistakenly think of waiting as a passive exercise or doing nothing
- Waiting on the Lord starts with **TRUST** and **CONFIDENCE**. This dispels fear and despair.
- We also wait on the Lord through **SEEKING** Him, through worship and His Word

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# Scripture References



## 2 Chronicles 7:14

“If my people...”

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# *Church School Creed*

Our Church School must grow & grow  
And we must help to make it so  
Every member a Christian  
Every Christian a worker  
Every worker trained  
A worker that will not be ashamed  
This we ask in Jesus' name

-AMEN

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# *Church School Benediction*

We have come

We have studied

We have learned

So until our next coming together

To study God's word

May His rich blessings reside with you

And may His Grace be eternally yours

**-AMEN**