



Psalm 130

**A Cry from the depths**

<sup>1</sup> Out of the depths I cry to you, O' Lord;

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

O let your ears be attentive  
to the voice of my pleading.

<sup>3</sup> If you, O' Lord, should mark our guilt,  
Lord, who would survive?

<sup>4</sup> But with you is found forgiveness:  
for this we revere you.

<sup>5</sup> My soul is waiting for the Lord,  
I count on his word.

<sup>6</sup> My soul is longing for the Lord  
more than watchmen for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord.

<sup>7</sup> Because with the Lord there is mercy  
and fullness of redemption,

<sup>8</sup> Israel indeed he will redeem from all its  
iniquity.

Liturgy of the Hours, volume II page  
1488.

### **Brief History of Psalm 130:**

It is one of fifteen Psalms referred to as “the songs of Ascents.” **Definition of Song of Ascents:** any one of 15 psalms in the series Ps 120 to 134 sung by Hebrew pilgrims on their way to Jerusalem or possibly while ascending Mount Zion or the steps of the Temple.

According to the Rule of Saint Benedict established around 530AD, the psalm was used at the beginning of the vespers service on Tuesday, followed by Psalm 131.

In the current Liturgy of the Hours, the psalm is recited or sung at vespers on the Saturday of the fourth week, and on Wednesday evenings.

In the Liturgy of the Mass, this Psalm is read on the 10th Sunday of Ordinary Time in Year B, on the 5th Sunday of Lent in Year A, and on the Tuesday in the 27th Week in Ordinary Time on weekday cycle I.

It is also used as the entrance antiphon on the 28th Sunday in Ordinary Time.

### **My Reflection:**

When I read the first two strophes I get a sense that there is a great suffering and a plea for mercy and forgiveness. This reminds me of the sacrament of reconciliation, where I sin against God, feel awful about what I have done, and run to ask for forgiveness.

One of the precepts of the Catholic Church is to go to reconciliation at least once a year, preferably during Lent. Why? Because lent is a time where we are most vigilant of the suffering of Christ during his passion, death, and resurrection.

We read in the third strophe “My soul is longing for the Lord more than watchmen for daybreak. Let the watchman count on daybreak and Israel on the Lord.” We are also waiting for forgiveness, and when we read, “watchmen counting on daybreak,” we are assured that we have received God’s forgiveness. As we read the last verses, we see that God’s mercy and forgiveness is so great that we as individuals, whole communities, and even nations receive it in abundance.

As we go thru these trying times of sickness, especially with this coronavirus, be aware that the inconveniences we are experiencing are for our entire community not just us as individuals, and the sufferings of one, are the sufferings of all.