



## Psalm 130

(Lectionary Year A Lent 5)

By Beth Barnett

Prayer in the midst of the difficult times

You will need:

- A large bucket of slime (recipe here: <https://www.thoughtco.com/classic-simple-slime-recipe-602242> )
- Drop sheet/tarp
- Print out verses of Psalm 130 (see below) onto individual cards and laminate (or write on sturdy plastic, like flat sections of ice-cream containers, using permanent markers). Just before the time for reading the Bible reading, place the pieces of Psalm 130 into the bucket of slime and submerge completely.
- Towels for wiping slimy hands
- 8 volunteers to reach into the slime and read the cards (optionally, 8 additional volunteers to read)

Time required:

5-10 minutes

### Connect

Our Psalm today is the kind of prayer we need when things get messy and mucky. Some of this Psalm is about when we are in a mess and need help from God – and some of this Psalm is about when we make a mess and need forgiveness from God. Most of us need both kinds of prayer.

The person in the prayer pictures themselves as being stuck in deep swampy muck – and calling out to God for help.

## Content

The lines of the Psalm are stuck in the depths of this slimy tub. We need 8 volunteers who don't mind getting their hands mucky to pull these verses of the Psalm out of the depths. And some volunteers who are happy to read the verses.

Between each verses of the Psalm, we will repeat together the first line:

“Out of the depths I cry to you, O LORD.

Lord, hear my voice!”

*With all the volunteers ready in line, begin the prayer together while the first volunteers ‘rescues’ a verse from the tub. Don’t worry about the order of the verses.*

*Repeat this process with the group repeating the refrain as the next verse is rescued, then read out by the volunteer, until all the verses have been salvaged.*

*When all of the verses are out of the slime, rearrange them in correct order, and repeat the Psalm again, with volunteers reading and the group repeating the refrain.*

*Out of the depths I cry to you, O LORD.  
Lord, hear my voice!*

*Let your ears be attentive  
to the voice of my supplications!*

*If you, O LORD, should mark iniquities,  
Lord, who could stand?*

*But there is forgiveness with you,  
so that you may be revered.*

*I wait for the LORD, my soul waits,  
and in his word I hope;*

*my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.*

*O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is great power to redeem.*

*It is he who will redeem Israel  
from all its iniquities.*



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## Cards for laminating and submerging

<p>Out of the depths I cry to you, O LORD. Lord, hear my voice!</p>	<p>Let your ears be attentive to the voice of my supplications!</p>
<p>If you, O LORD, should mark iniquities, Lord, who could stand?</p>	<p>But there is forgiveness with you, so that you may be revered.</p>
<p>I wait for the LORD, my soul waits, and in his word I hope;</p>	<p>my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.</p>
<p>O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is great power to redeem.</p>	<p>It is he who will redeem Israel from all its iniquities.</p>

