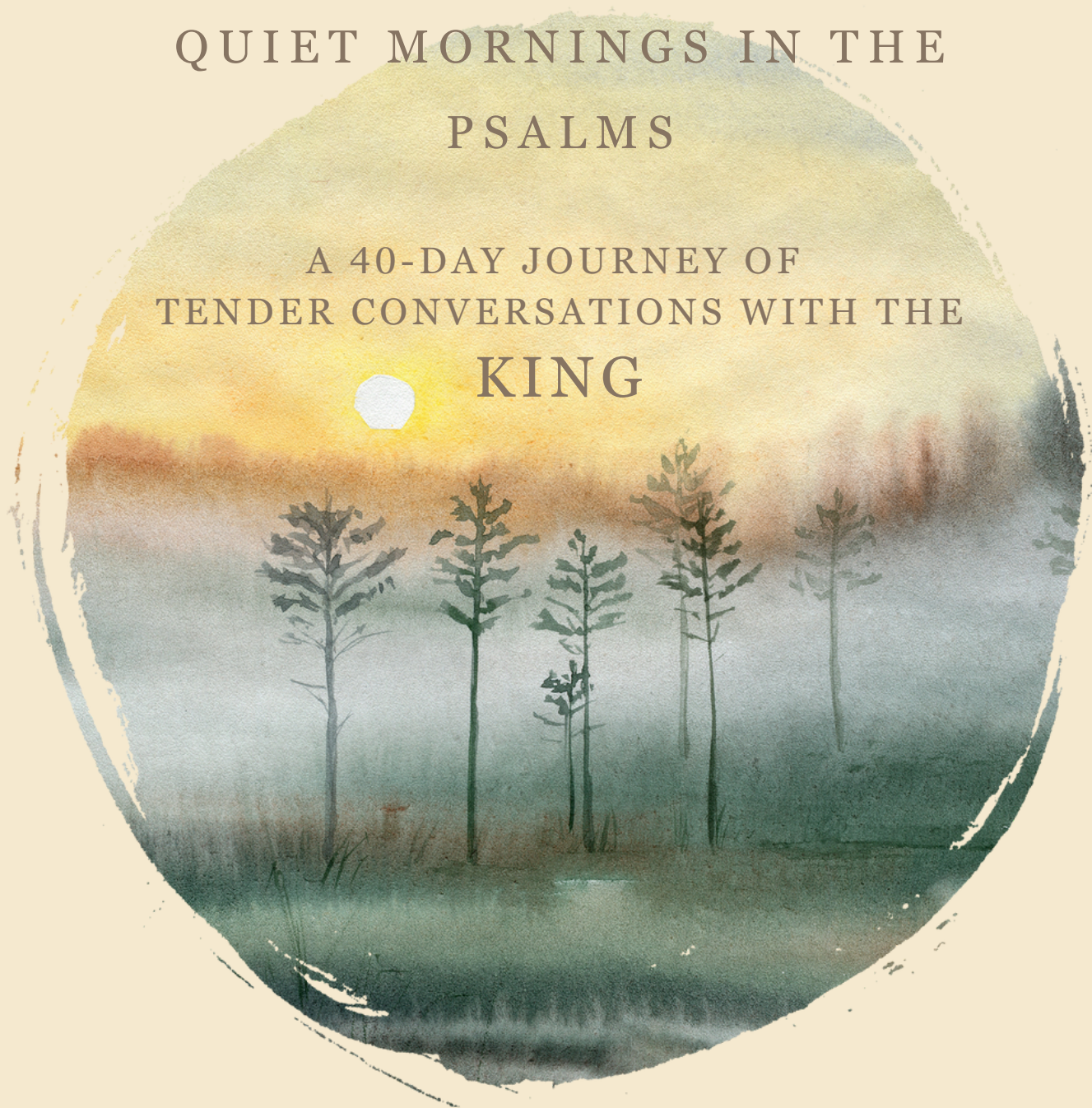


QUIET MORNINGS IN THE
PSALMS

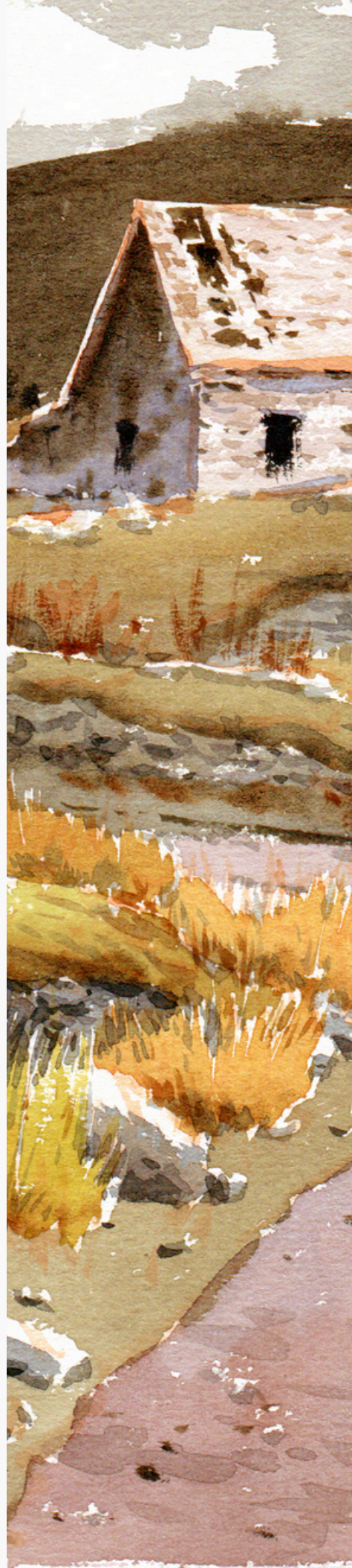
A 40-DAY JOURNEY OF
TENDER CONVERSATIONS WITH THE
KING



by Kimba Christian
www.Kimba4Christ.com

PSALM 130:1–2, NIV

Out of the depths I cry
to you, Lord,
Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.





DAY 4 – GROANING TOWARD GRACE

Read: Psalm 6, Psalm 38, Psalm 130, Psalm 143

Theme: Confession, Sorrow, and the Mercy That Awaits

Prepare Your Heart

Begin by worshiping with one or more of the following songs:

- “Healer” – Kari Jobe
- “Lord Have Mercy” – Matt Maher
- “Psalm 130 (I Wait for the Lord)” – The Corner Room
- “Come to the Altar” – Elevation Worship
- “Mercy” – Amanda Cook

Reflect

These psalms are heavy with grief.

Psalm 6 is soaked in tears. Psalm 38 aches with guilt and isolation.

Psalm 130 rises slowly from the depths: “Out of the depths I cry to You, O Lord.”

Psalm 143 pleads for mercy when strength is gone.

Yet none of these voices are turned away.

Sorrow becomes sacred when it is lifted to the God who listens.

Confession becomes healing when it is offered to the God who forgives.

Grace waits, not for perfection, but for honesty.

Study

1. Circle or list emotional words in each psalm. What kinds of pain are named?
2. What do these prayers reveal about God’s character in response to human weakness?
3. In Psalm 130, what does it mean to wait for the Lord “more than watchmen for the morning”?

Pray

God of mercy, I bring You the pain I cannot fix, the sin I cannot cover, and the ache I cannot carry.

Meet me in my weakness. Pour Your mercy over my ashes. Let grace be the final word.

Journal

Is there a sorrow you’ve held in silence? Is there a confession that still weighs heavy?

Write it before the Lord today, not to explain it, but to release it.

What might healing begin to look like if grace were allowed in?