



COMMUNITY
CHURCH

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Psalm 30: That My Heart May Sing Your Praise!

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The Book of Psalms is a collection of prayers, poems, and hymns that focus the worshiper's thoughts on God in praise and adoration.

*Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.*

4 Contrasts

1. Serious Sickness versus Renewed Health

...you spared me from going down to the pit... (Psalm 30:3)

*I will exalt you, Lord, for you lifted me out of the depths.
(Psalm 30:1)*

Has the Lord drawn you out of a pit before? Has God ever saved you from chaos that you caused from your own sin? Was there ever anything in your life that you thought you would never recover from - and yet God has brought you out of it?

2. God's Anger versus God's Favor

*For his anger lasts only a moment, but his favor lasts a lifetime.
Weeping may stay for the night, but rejoicing comes in the morning.
(Psalm 30:5)*



God at His computer

What do you think God is like?

Is his main personality one of anger and punishment or is it one of favor and mercy?

Does God love to bless you?

(God proclaiming His own name to Moses): “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.” (Exodus 34:6-7)

Has God been so good to you?

3. Self-Confidence versus God-Confidence

When I felt secure, I said, “I will never be shaken.”

Lord, when you favored me, you made my royal mountain stand firm; But when you hid your face, I was dismayed.” (Psalm 30:6-7)

“We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us,” (2 Corinthians 1:8-10)

4. Personal Grief versus Great Joy

*You turned my wailing into dancing;
You removed my sackcloth and clothed me with joy ...
(Psalm 30:11)*

As the ark of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the LORD, she despised him in her heart...

(After she confronts her husband about his worshipful dancing)

...I will celebrate before the LORD. I will become even more undignified than this... (2 Samuel 6:16, 21-22)

“For the expression and manifestation of the state in which we are, God has made a rich provision of power. The forehead, the eye, the mouth, the whole face, the hands, the arms, the gait, and especially the voice, are so many instruments and agents 'of expression; and we are not true to ourselves, we are false to our condition, we are disloyal to God, when we clothe ourselves with a uniform reticence and inexpressiveness of demeanor...

The clouds drop their blackness and appear brilliantly colored and gorgeously gilded when the sun shines on them. The sea casts off its leaden hue and is covered with crisped smiles when the storm is over. The battle-field absorbs the blood which, in the day of war, is spilt on its bosom, and exhibits lovely flowers, or verdant pasture, or golden corn.

In like manner there is in human life and experience the turning of mourning into dancing; the putting off of sackcloth and the girding with gladness.” (Pastor S. Martin)

Home Group Questions ...

Reread Psalm 30 together: As we look back and see God's hand on us as we walk through the mountains and valleys of life, we give thanks.

Discuss the contrasts from the sermon: Serious sickness versus renewed health, God's anger versus God's favor, self-confidence versus God-confidence, personal grief versus great joy.

1. What are some memories that would inspire thanksgiving in your heart? Are these memories related to difficult events in your life? When have you experienced times of self-reliance (and self-confidence) that were shaken?
2. Describe someone to the group who praises the Lord like David in this Psalm.
3. Discuss what you think verse 9 means.
4. On a scale of 1-5, how would you rate yourself at exalting and praising the Lord?
5. What could make that rating improve?
6. What are the circumstances that keep you from praise?