

# Give Thanks

## Thanksgiving • Psalm 30

Nick Bergquist • November 25, 2018

### Give Thanks: God Rescues Us (v.1-3)

<sup>1</sup> I will exalt you, O LORD,  
for you lifted me out of the depths  
and did not let my enemies gloat over me.  
<sup>2</sup> O LORD my God, I called to you for help  
and you healed me.

<sup>3</sup> O LORD, you brought me up from the grave;  
you spared me from going down into the pit.

### Give Thanks: God Restores Us (v.4-5)

<sup>4</sup> Sing to the LORD, you saints of His; praise His holy name.  
<sup>5</sup> For His anger lasts only a moment,  
but His favor lasts a lifetime;  
weeping may remain for a night,  
but rejoicing comes in the morning.

- Grace lasts our lifetime
- Grace gives us purpose

### Give Thanks: God Reproves Us (v.6-10)

<sup>6</sup> When I felt secure, I said,  
"I will never be shaken."

<sup>7</sup> O LORD, when you favored me,  
you made my mountain stand firm;  
but when you hid your face,  
I was dismayed.

- The Gratitude Killer: Arrogance (v.6-7)

<sup>8</sup> To you, O LORD, I called;  
to the Lord I cried for mercy:  
<sup>9</sup> "What gain is there in my destruction,  
in my going down into the pit?  
Will the dust praise you?  
Will it proclaim your faithfulness?  
<sup>10</sup> Hear, O LORD, and be merciful to me;  
O LORD, be my help."

- The Gratitude Restorer: Repentance & Prayer (v.8-10)

### Give Thanks: God Renews Us (v.11-12)

<sup>11</sup> You turned my wailing into dancing;  
you removed my sackcloth and clothed me with joy,  
<sup>12</sup> that my heart may sing to you and not be silent.  
O LORD my God, I will give you thanks forever.