



Nov. 13, 2022 - Pastor Jason Carter

Today, we are beginning short series looking at the Psalms; specifically **Psalms of Thanksgiving**. In Psalms, there are lament psalms - Thanksgiving Psalms are in response to a lament, a complaint, a pressing and crushing need. This is where people pour out their grief, frustration and sorrow to God, question where He is and ask Him to respond.

This is an incredible framework of how to develop our “thanksgiving muscle”, to practice approaching God with thanksgiving. Changing the way we think takes practice, time, and repetition.

Psalm 30 NIV A psalm. A song. For the dedication of the temple.^[b] Of David.

- ¹ I will exalt you, Lord,
for you lifted me out of the depths
and did not let my enemies gloat over me.
- ² Lord my God, I called to you for help,
and you healed me.
- ³ You, Lord, brought me up from the realm of the dead;
you spared me from going down to the pit.
- ⁴ Sing the praises of the Lord, you his faithful people;
praise his holy name.
- ⁵ 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.
- ⁶ When I felt secure, I said,
“I will never be shaken.”
- ⁷ Lord, when you favored me,
you made my royal mountain^[c] stand firm;
but when you hid your face,
I was dismayed.
- ⁸ To you, Lord, I called;
to the Lord I cried for mercy:
- ⁹ “What is gained if I am silenced,
if I go down to the pit?”

Will the dust praise you?

Will it proclaim your faithfulness?

¹⁰Hear, Lord, and be merciful to me;
Lord, be my help."

¹¹You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,

¹²that my heart may sing your praises and not be silent.
Lord my God, I will praise you forever.

A Thanksgiving Psalm has three components:

1. The writer calls on God and thanks Him for something He did.
2. The main section describes the writer's experience.
 - a. Tells of distress
 - b. Prays for deliverance
 - c. Recounts what God did
 - d. Some may include a vow or promise of what the person will now do
3. The last component is a praise or exhortation either to the community or to God.

David, the greatest King of Israel, was a unique individual. Creative, expressive, passionate, emotional and yet an incredibly brave and fierce warrior. He experienced the highest of highs and the lowest of lows, all while keeping his heart and mind focused on God.

- Was on the run for over 13 years
- Betrayed by friends
- Was targeted and hunted by other nations
- Made wrong choices with devastating consequence
- Always came back to God and never quit

David wasn't perfect, but he had a history with God and always came running back to God's presence. Be like David...*Don't quit!*

Connecting with God means relationship. God calls us to this relationship- to know His character, His nature, and who He is.

Proverbs 30 NIV

¹ I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me. ² Lord my God, I called to you for help, and you healed me. ³ You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit. ⁴ Sing the praises of the Lord, you his faithful people; praise his holy name. ⁵ For his anger lasts only a moment, but his favor lasts a lifetime.

In this Proverb, we can see that David was ill. Although we don't know what his ailment was, we believe it was physical. We also don't know the time frame, but whatever it was, it was bad. David could have died. **BUT GOD!** God restored David's health. The King of Israel gave thanks to God because the uncharitable gloating of David's enemies is over, and his illness had been halted.

Do you remember where God met you? Do you remember what He has done in your life? Think about where you would be without His grace and salvation.

The “favor of God” in v.5 can be described as a divine kindness, or an act of true compassion on the part of God Himself toward needy and undeserving human recipients.

Some of us live like God’s favor is temporary and His anger permanent. **How are you living?**

Psalm 18:16- 19 NIV

He reached down from on high and took hold of me; he drew me out of deep waters.

¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me.

¹⁸ They confronted me in the day of my disaster, but the Lord was my support.

¹⁹ He brought me out into a spacious place; he rescued me because he delighted in me.

What secret did David know about God?

- Knows of God’s faithfulness
- Has lived in connection with God
- Understands his own transformation
- The relationship between God & David has been formed

Remember,
God *delights*
in you!

There will be an end to season, the situation. This is a reminder to us that whatever situation we find ourselves in, there is hope. **You** must contend until Christ is formed in **you**.

⁶When I felt secure, I said, “I will never be shaken. ⁷Lord, when you favored me, you made my royal mountain^[c] stand firm; but when you hid your face, I was dismayed. (horrified)

From these passages, we see that David lost his connection to God because of pride or sin and was horrified. **Have you ever been there?**

- Asking yourself “God, where are you?”
- Drifting away from God can become very easy
- It may seem like God has left or withdrawn
- You might feel like your prayers aren’t being heard

⁸To you, Lord, I called; to the Lord I cried for mercy:

⁹“What is gained if I am silenced, if I go down to the pit?

Will the dust praise you? Will it proclaim your faithfulness? ¹¹You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

¹²that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

We see in v.8-10 that David is venting or almost accusing God, but we know that to question God **does not** mean you do not have faith. We understand that this is a prayer of lament and, because of David’s deeply personal relationship with God, He is crying out to him and follows it with prayers of thanksgiving.

Proverbs 13:12 NIV

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Have you ever felt like there was something in your heart that was being forgotten or abandoned? Have you felt like hope was being deferred? It can be hard to praise during these times!

Exodus 15:26 Marah "bitter waters".

Whenever God introduced His name, He is introducing an aspect of His character and nature, and who He wants to be to us. "I am the LORD, who heals you." We must put our hope in Him, to meet us at the "bitter waters" and to heal us. God can bring complete healing. Emotional/mental, bitterness of soul, unforgiveness to God or someone else.

Our church is entering 30 Days of Praise.

As we approach these thanksgiving Psalms, let us thank God for His character, thank Him for what He has done in our lives, for who He is even in the midst of whatever we are going through. Here is the format we will follow daily in our time with God:

- 1. Begin your time with God full of thanksgiving**
- 2. Share with Him what you are facing in confident expectation and trust**
- 3. End with a thanksgiving offering**

Reflection/discussion questions:

- 30 days of Praise: what plan will you put in place to make this happen in your life?
- Start today: What is one thing you can give praise to the Lord for? Take some time to think about it and go deeper than just a surface-level answer.
- What stood out to you in the Psalm 30 breakdown Pastor Jason took us through?
- Do you believe God truly delights in you?
- Have you had an honest engagement with God about some hard feelings you are feeling? He already knows what you are struggling with.
- Is there action you need to take this week? If so, what?