

## Psalm 30

**MPS: The LORD draws us up from despair, so we lift HIM up in praise."**

WELCOME:

CGI

INTRO:

- Summer in the Psalms and back in Romans Sept 7<sup>th</sup>.
- Psalm 30 written by David
- Kids Quest – Aug 31
- Men's fish fry Aug 16

OPEN

- Jessica McClure story
  - October 14, 1987 Midland Texas, aunt's back yard
  - 8" pipe, fell 22ft deep – the parents terrified, the girl helpless, the world watching
  - One of the most watched events in TV history
  - Dark, trapped, helpless, hurting -
  - 58 hour rescue by digging down and making a tunnel
  - The whole country cheered when she was recovered.
  - Pictures on screen
- Have you ever fell in a proverbial well – darkness, trapped, helpless, hurting... Maybe it wasn't an 8" pipe in the ground, but... emotionally, it felt like it.

Examples:

Something you have been really longing for that never happened

A job you loved and worked hard in only to be fired.

A broken engagement

Something that was your life's work either is taken from you or ends prematurely

Something you wanted to do for the LORD

Death of a loved one

Just let down hard... The news comes and its devastating and without

A health diagnosis that changes everything

Depression and anxiety

- **Life is full of those experiences, and we can either learn to be content in them OR we languish because of them.**
- David is facing this exact situation – and he learns to be content.

**The LORD draws us up from despair, so we lift HIM up in praise.**

**Vs 1** *I will extol you, O LORD, for you have drawn me up...*

- The Hebrew word for “draw me up” means to draw a bucket out of a well.

### **1. The Lord is the One who draws us up from despair.**

**Vs 1-3** *I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. 2 O LORD my God, I cried to you for help, and you have healed me. 3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.*

- Extol means exuberant praise – “I’m mega praising you, LORD”
- It seems as if David has suffered a physical sickness or a mental/emotional sickness (I think it’s the latter) “I was heartbroken and in despair”
- David is saying God healed Him by drawing him up from sheol
- **Sheol** refers to the Hebrew concept of the underworld or the realm of the dead, It is often depicted as a shadowy, subdued existence, distinct from life’s vibrancy
- For David, Sheol is more of a state than a place – whatever happened to him, it felt like death was knocking on his door.
- Being restored is related to being resurrected
- What is your well you need to be drawn up from?
- Some examples could be addictions, sin patterns, terrible circumstances, danger, darkness, anxiety, laziness, shame, guilt,

**The Lord is the One who draws us up from despair – cry to HIM for help.**

### **2. In despair’s darkness, God’s dawn of hope transforms our reality.**

- David has it and it’s the secret sauce in contentment
- Paul said he learned the secret of being content in Phil 4.

**Vs 4** *Sing praises to the LORD, O you his saints, and give thanks to his holy name.*

- The Lord is always worthy of our praise no matter how dark our pit is.

**Vs 5-6** *For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. 6 As for me, I said in my prosperity, “I shall never be moved.”*

- When things are going well – you’re pretty self-confident – you feel like the master of your own life... just playing in a grown-up sandbox in the back yard of life... but there are wells there and eventually you will fall in one.

**Vs 7** *By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.*

- Mountains in the Bible are not merely geographic locations but symbolic settings where divine and human realms converge, enabling encounters with God’s wisdom, presence, and purpose.  
Eg. Eden was a mountain, Moriah, Carmel, Sinai, Zion, Sermon on the Mount, Transfiguration, Calvary.
- Mountains are encounters with God – are you too busy in your prosperity to climb mountains of divine encounters?

**Vs 8-10** *To you, O LORD, I cry, and to the Lord I plead for mercy: 9 “What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness? 10 Hear, O LORD, and be merciful to me! O LORD, be my helper!”*

- Mercy = God’s goodness toward those in misery and distress
- Be my helper = come be my divine EMT
- What was David going through? This is where the superscription comes into play:

*A PSALM OF DAVID. A SONG AT THE DEDICATION OF THE TEMPLE.*

- David had HIGH HOPES of building the Temple (1Chr 22:7). But God wouldn’t let him.
- David didn’t make it to the temple dedication, yet he wrote this dedication to the temple.

**1 Chronicles 22:7–8 (ESV)** *7 David said to Solomon, “My son, I had it in my heart to build a house to the name of the LORD my God. 8 But the word of the LORD came to me, saying, ‘You have shed much blood and have waged great wars. You shall not build a house to my name, because you have shed so much blood before me on the earth.’*

- There is a good possibility that David’s well, or his pit, was being shut down by God to build the temple.
- Both David and Saul experienced God shutting them down – wells... pits as it were.  
**David to build the temple - 1 Chronicles 22:7–8:**  
**Saul continuing as king - 1 Samuel 13:13–14**

- However, they responded differently, and God lifted one up and allowed the other to sink deeper in the pit.
- David accepted God's good and sovereign decision and then figured out how to contribute:
  - By accumulation of supplies (1Chron 22)
  - By giving Solomon the temple plans (1Chron 28)
  - By writing the dedication

#### HERE IS THE SECRET SAUSE:

- Your perception is your reality: scientifically, a hopeful mindset rewires your brain to see opportunities and fuels happiness, while pessimism (not turning to God) narrows your focus to only see threats, draining your life of joy. THIS IS SLIPPING DEEPER INTO THE WELL.
- God designed us to be hopeful in Him, to look to him and he changes us.

#### Paul even tells the Philippians this

**Philippians 4:8–9 (ESV)** **8** *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9* *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

**Colossians 3:1–2 (ESV)** **1** *If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2* *Set your minds on things that are above, not on things that are on earth... vs 15* *And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.*

**Romans 12:2 (ESV)** **2** *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

**Hebrews 12:2–3 (ESV)** **2** *looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. 3* *Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.*

**Illustration: Bees and Buzzards** In a scorching desert, a bee and a buzzard soar over the same barren expanse, yet their perceptions give them different realities. The bee seeks life, darting to tiny blossoms hidden in the dust, finding sweet nectar that fuels him. The buzzard hunts death, circling over decay to scavenge dead flesh. Both find what they seek—one life, the other death—your mindset determines your reality and your future.

- Saul never recovered from God's rejection and spiraled into more and more chaos and ultimately suicide (one of only 4 in the bible to do so)
- Saul kept slipping further into the well of despair – he never hoped in God, praised God, and in his darkness, God's dawn of hope COULDN'T transform his reality.. while David reached out to God, in his despair and exclaimed: *O LORD my God, I cried to you for help, and you have healed me.*

### **3. Praise is the consummation of the enjoyment of God.**

*11 You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, 12 that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!*

- Our enjoyment of a thing is *never* complete until we've *expressed* our enjoyment of it to others.
- "All enjoyment spontaneously overflows in praise." CS Lewis
- "It is not out of compliment that lovers keep on telling one another how beautiful they are. The delight is incomplete until it is expressed." CS Lewis
- David went from despair to dancing!
- Sackcloth: is a coarse, rough fabric, often made of goat's hair, worn in biblical times as a sign of mourning, repentance, or distress...It symbolizes sorrow, humility, and spiritual brokenness.

**Illustration:** Have you ever gotten caught in a soaking rain in the winter or soaked with sweat working in the heat of the day in the summer? You have this desire to get into some dry, comfortable clothes. When you do, it's glorious. God did that to David – He was, in his darkness, wearing sackcloth soaking wet with despair and God exchanged that for a cloak of gladness

- Your rescue really isn't final until you praise Him.
- Things don't have to be perfect for you to praise HIM – Jessica's life was forever changed (foot, scars, money) but she was free.

### **CONCLUSION:**

- David couldn't build the temple, but neither did Jesus come to build the temple - He became the temple – the final temple. all who come to him have forgiveness of sin and

His presence where there is fullness of joy and pleasures forever more abound. It's Jesus that rescues you from the darkest of pits, he draws you up - you? You trust him - believe he is the son of God, died in your place, and raised in the hope of God's dawn - do you believe that?

- David couldn't build the temple, and Jesus became the final temple – all who come to him have forgiveness and His presence where there is fullness of joy and pleasures forever more.
- I'm asking you, if you never have, to trust Jesus who overcame the grave, who died in your place for your sins, who made the path for eternal life and eternal joy... who gives you eternal dancing over temporary despair. Look to Him – the author and finisher of your faith.

**The LORD draws us up from despair, so we lift HIM up in praise.”**

PRAYER:

I thank you forever for \_\_\_\_\_

Draw me/us from the well of \_\_\_\_\_

Lostness  
Sin  
Pessimism  
Despair  
Discouragement  
Devastation  
Addiction  
Depression  
Anxiety  
Confusion  
Indecisiveness  
Negativity  
Selfishness

QUESTIONS FOR GROUPS:

1. Do you believe Jesus has drawn you up from condemnation/lostness into the hope of His salvation? If not, or unsure, do you want that today? (take time pray with anyone who wants to be saved.)
2. What wells or pits has God drawn you up from?
3. Take some time to thanks and praise God for drawing you up. “Lord, thank you for drawing me/us up from \_\_\_\_\_”