

Psalm 30: 1-2 (ESV): Mourning into Dancing

Main point: God has not forgotten you and will lift you up.

Open with a short prayer, inviting God to teach us.

Background: A psalm of David, who wrote many of the Psalms with deep emotions. This particular psalm, or song, was sung at the dedication of the Jewish temple.

Focus of the study:

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.

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

⁵ 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.”

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

⁸ 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!”

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!

Questions:

1. *v. 1-3: who is David addressing? What does he say?*

- a. addressing the Lord. “I extol you” – *I wonder what “extol” means?*
 - i. praise you, honor you
- b. *Why is he praising God? “for / because...”:*
 - i. you have drawn me up
 - ii. you have not let my foes win
 - iii. you have healed me
 - iv. you brought my soul up from the depths of hell (Sheol)
 - v. you restored my life
2. *Based on these praises, what kind of situation do you think David had been in?*
 - a. near death! very low, persecuted in mind and body, felt like he was going to die
3. *v. 4: Then David turns his song toward his listeners - “you saints of the earth.” What does he tell them to do?*
 - a. Sing praises to the Lord
 - b. Give thanks to his holy name
4. *Why? v. 5:*
 - a. God’s anger is only for a moment; his favor lasts a lifetime
 - b. weeping may last for a night, but the morning brings joy
 - i. *Describe those two feelings more ... for example, what does night feel like compared with the morning?*
5. *v. 7: David then sets up a comparison between having God’s favor and God’s face being hidden from him:*
 - a. with God: you made my mountain stand strong
 - b. without God: I was dismayed
6. *v. 9-10: What questions does David ask God? Why do you think he asks these questions?*
 - a. While I live, I can praise you! I can know and tell others of your faithfulness.
7. *v. 11: What does David say the Lord has done?*
 - a. turned my mourning into dancing
 - b. loosed my sackcloth – *what is sackcloth? What was it for?*
 - i. uncomfortable, rough clothing worn as a sign of grieving
 - c. clothed me with gladness
 - i. images: turned from sadness to joy, death to life
8. *v. 12: Why does David say that the Lord has save him in this way?*
 - a. that my glory may sing your praise and not be silent
 - b. give thanks forever
9. *So when we’re sad, mourning, discouraged, feel defeated, abandoned – what does this song encourage us to do?*
 - a. stick with God and look for the morning – he will make all things right
 - b. the Lord has not forgotten you – he can lift you up and make you strong
10. *What would you like to give thanks for today?*
 - a. [“being alive, this group here, the bible, not alone, openings/things to do, mother, stepmother, sunshine, the world”]
11. Ask for any prayer requests for today.
12. Close in prayer, naming people and needs listed.
13. End with a song, e.g., first verse of Amazing Grace