

Psalm 30 (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:

- ¹ 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 the Lord's 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. ...
- 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 David say?*
 - a. David is talking to the Lord. "I extol you" – *I wonder what "extol" means?*
 - i. praise you, honor you
 - b. *Why is David praising God? "for / because...":*
 - i. v. 1: you have drawn me up

- ii. v. 1: you have not let my foes win
 - iii. v. 2: you have healed me
 - iv. v. 3: you brought my soul up from the depths of hell (Sheol)
 - v. v. 4: 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 - "oh you his saints." What does David tell his listeners/readers to do?*
 - a. Sing praises to the Lord
 - b. Give thanks to God's holy name
 4. *Why are these good responses to God? What has God done/promised?*
 - a. v. 5: God's anger (correction, judgment, discipline, like a good father) is only for a moment; God's favor (love, mercy, forgiveness) lasts a lifetime
 - b. weeping may last for a night, but the morning brings joy
 - i. *Describe those two feelings (weeping/joy, night/morning) 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:*
 - a. with God: you made my mountain stand strong – *what does this poetic language feel like?*
 - i. Wherever I am, I feel strong
 - b. without God: I was dismayed – *what does dismay feel like?*
 - i. Hopeless, empty
 6. *[optional:] v. 9-10: What questions does David ask God? Why do you think David asks these questions? How would you rephrase this part of David's conversation with God?*
 - 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 traditionally worn as a sign of grieving
 - c. clothed me with gladness
 - i. *What are the images in this verse?*
 1. God has turned David's situation from sadness to joy, death to life
 8. *v. 12: Why does David say that the Lord has saved him in this way?*
 - a. In order that my glory may sing your praise and not be silent
 - b. In order that I can 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 – God will make all things right
 - b. the Lord has not forgotten you – he can and will lift you up and make you strong
 - c. give thanks for God's steadfast, loving presence with you
 10. *That seems worth practicing! 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"]
- Ask for any prayer requests for today.
 - Close in prayer, naming people and needs listed.
 - End with a song, e.g., first verse of Amazing Grace

Psalm 30

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