

Psalm 30 New American Standard Bible

Thanksgiving for Deliverance from Death.

A Psalm; a Song at the Dedication of the House. A Psalm of David.

I will extol You, O Lord, for You have lifted me up,

And have not let my enemies rejoice over me.

² O Lord my God,

I cried to You for help, and You healed me.

³ O Lord, You have brought up my soul from Sheol;

You have kept me alive, that I would not go down to the pit.

⁴ Sing praise to the Lord, you His godly ones,

And give thanks to His holy name.

⁵ For His anger is but for a moment,

His favor is for a lifetime;

Weeping may last for the night,

But a shout of joy *comes* in the morning.

⁶ Now as for me, I said in my prosperity,

“I will never be moved.”

⁷ O Lord, by Your favor You have made my mountain to stand strong;

You hid Your face, I was dismayed.

⁸ To You, O Lord, I called,

And to the Lord I made supplication:

⁹ “What profit is there in my blood, if I go down to the pit?

Will the dust praise You? Will it declare Your faithfulness?

¹⁰ “Hear, O Lord, and be gracious to me;

O Lord, be my helper.”

¹¹ You have turned for me my mourning into dancing;

You have loosed my sackcloth and girded me with gladness,

¹² That *my* soul may sing praise to You and not be silent.

O Lord my God, I will give thanks to You forever.

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God’s character?

Paul’s Questions and incites

1. 'I will' is a choice David made within himself.
2. Where is Sheol?
3. What is a shout of joy?
4. Do you see death as a place for the living?
5. What is it to extol the Lord?
6. When God blesses we should be as grateful as David was.
7. Do you know how to re-bless God after being blessed by God?
8. If you are a child of God and your enemy rejoices over you, it brings an offence to the name of God.
9. There were times when God intervened in the affairs of Israel to protect His name from being dishonoured.
10. 'I cried' means to reach into the inner most person of who you are and to make your 'I really mean it' prayer to God.
11. How did David's soul get brought up from Sheol?
12. David's soul is, as our soul is within us - our mind, our emotion and our will – so, for God to bring David's soul up from Sheol was for David's mind, emotion and will to take hold of renewal, in order for his soul to come back in line with God's understandings.
13. God kept David alive to protect David, but also to retain the honour of his promises even though at times David did some really bad things.
14. Is it easier or harder for Godly ones to sing praises to the Lord?
15. It is easier because they are not wrestling with guilt and shame.
16. How holy is the name of God in your eyes?
17. God's anger is to be avoided at all costs and yet even in His anger it carries mercy.
18. The favour of the Lord is the blessing of God – things like health and prosperity. How does this truth affect you?
19. What is it to weep as opposed to cry?
20. David's confidence in God's blessing on His life bears no fear or apprehension to the word prosperity, so why does it for us?
21. What was David's mountain and how was it standing strong?
22. To lose sight of the face of God is an unpleasant experience. What would cause this to happen?
23. To call is to speak out, to supplicate is to pray specific intention with expectation of blessing. Is that how you pray?
24. When David's life ended the earth would sing no more from David's mouth, it would be a great loss. How much of a loss will it be when your end comes.
25. Dust and rocks can praise God but it is man who is made in His image.
26. What is it for the Lord to hear and show grace?
27. How much of a helper is God to your life?
28. God brings light out of our darkness and joy out of our sorrow.
29. For your soul to sing to God, was to sing out lyrics of truth about God .
30. 'Oh Lord' is the resigning of the Spirit of who we are.
31. 'Give thanks' is to speak out words that declare God's blessing and favour over our lives.