Why We Praise God (Psalm 30—part one)

I.	The Setting of Psalm 30 (1 Chronicles 21:1-22:1 , 22:8)
II.	Reason #1: Because He Lifts Us Up a. In Resurrection (1a, 3; Eph. 2:1-6)
	b. Over Our Enemies (1b ; 1 Pet. 5:8; Col. 2:15; Rom. 16:20)
III.	Reason #2: Because He Heals Us (2; Isa. 38; Jas. 5:14-16; 2 Cor. 12:7-10; Pp. 1:19-21)
IV.	<u>Reason #3</u> : Because His Anger Is Momentary, But His Favor Is Forever (5 ; Ps. 103:8-10; 7:11; 1 Pe. 4:17; 1 Chron. 21:12-13)
V.	Reason #4: Because He Graciously Humbles Us (6-8; Deut. 8:17-18; Ps. 62:5-6)
VI.	Conclusion (11-12)
•	Questions for Family Discussion What are some reasons you should praise God? Has He lifted you up? Resurrected you? How?
•	With modern medicine, why must we pray to the Lord for healing? Is healing guaranteed for believers? Explain. Take time to reflect on <u>v5</u> and <u>Ps. 103:8-14</u> . How may believers have comfort even when God <i>disciplines</i> us? Where may you find consolation in times of suffering and sorrow? What "joy" comes with the morning? Why should we praise God for actively humbling us? How important is it to confess specific sins specifically?

What dangers do you face if you refuse to humble yourself, and refuse to confess your wrongdoing?

It is possible to experience any of the blessings David describes in this psalm apart from Christ? Why not?

How We Praise God (Psalm 30—part two)

I.	Introduction: What Is Your Life's Purpose? (9)
II.	Both Individually and Corporately (1-4; Lam. 3:22-23; Ps. 34:3; Heb. 10:19, 24-25)
III.	We Must Extol Him (1a)
IV.	We Must Cry to Him for Help (2)
V.	We Must Sing to Him with Joy (4, 11-12 ; Lk. 6:45; Col. 3:2)
VI.	We Must Thank Him Forever! (4b, 12b; Lk. 17:11-18)
	Questions for Family Discussion
•	What does v9 teach us about the purpose of David's life? Is this also the purpose of your life? May you rightly bring such a bold argument to the Lord: "Lord, save my life, so that I may praise You and declare Your faithfulness"? Why: It is a problem to worship the Lord only on Sundays? Why must you individually set aside time to praise God? What are some reasons the Lord also wants us to worship Him corporately? How does Eccl. 4:9-12 speak to this? What does it mean to "extol" the Lord? How can you "lift Him ub" when the Lord already is infinitely exalted?

- Is prayer an act of worship? Explain. Do your prayers <u>bother</u> God, or <u>honor</u> Him? How do you know?
- Do our inner emotions and feelings matter, or is worship only about our outward behavior? Explain.
- Why do you think only one of the ten men Jesus healed returned with thanks? Has Jesus changed the way you live?