

Psalm 30

A Psalm. A Song At the Dedication of the House of David.

- 1 I will extol You, O LORD, for You have lifted me up, And have not let my foes rejoice over me.
- 2 O LORD my God, I cried out to You, And You healed me.
- 3 O LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.
- 4 Sing praise to the LORD, you saints of His, And give thanks at the remembrance of His holy name.
- 5 For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.
- 6 Now in my prosperity I said, "I shall never be moved."
- 7 LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled.
- 8 I cried out to You, O LORD; And to the LORD I made supplication:
- 9 "What profit is there in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth?"
- 10 Hear, O LORD, and have mercy on me; LORD, be my helper!"
- 11 You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,
- 12 To the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

Joy In the Morning **Psalm 30:1-11**

INTRO:

This Davidic Psalm makes our hearts sing even though it begins with a mystery. The title of this Psalm is **verse 1** in the Hebrew text. It says this psalm was "***a song at the dedication of the house.***" What house? **(I)** Was it the house David built for himself in

Jerusalem? **(2)** Was it when David dedicated the location for the future temple? **(3)** Did Solomon take his father's song and use it in the dedication of the Temple? We really don't know. However, many think it is the dedication of the place for the temple in **2 Chronicles 21-22:1**.

In this Psalm addressed to Yahweh, David wanted us to know how his ever faithful God treated him. *Yahweh delivered me, because it is His character to deliver. We deserve chastening, but Yahweh triumphs and blesses.*

I. Yahweh, You Delivered Me (v.1-3)

II. Yahweh, You Humbled Me (v.6-10)

III. Yahweh, The Way You Are (v. 4-5, 11-12)

I. Yahweh, You Delivered Me (v.1-3)

vs. 1-3 *"I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me. O LORD my God, I cried out to You, and You healed me. O LORD, You brought my soul up from the grave; You have kept me alive that I should not go down to the pit."*

A. David begins his psalm with a strong chorus of praise and adoration to Yahweh his God. The form is instructive. He addresses the LORD in each of these couplets. First, *"I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me."* He lifts up the name of Yahweh because He preserved him. If this refers to the chastening over the numbering of Israel, then Yahweh answered David's request that he not be put in the hands of his enemy. The Lord delivered Him by preventing the evil from triumphing over him.

B. Second, Yahweh delivered David by healing me, *"O LORD my God, I cried out to You, and You healed me."* The LORD delivered David by restoring him. The word *"healed"* can have a literal sense as in the way the LORD healed Hezekiah later. It can also have a metaphorical sense in that God removed the chastening or judgment truly deserved.

C. Third, Yahweh delivered David by lifting him out of danger. *"O LORD, You brought my soul up from the grave; You have kept me alive that I should not go down to the pit."* The word *"grave"* is Sheol. Sheol usually meant death or grave. It is equal to the word *"pit"* in the parallel statement.

II. Yahweh, You Humbled Me (v.6-10)

vs.6-10 *"Now in my prosperity I said, 'I shall never be moved.' LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled. I cried out to You, O LORD; And to the LORD I made supplication: What profit is there in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth? Hear, O LORD, and have mercy on me; LORD, be my helper!"*

A. Why did David find himself in this difficult place? David told us how God abundantly blessed him and somehow he allowed that blessing to puff him up.

v.7 “Now in my prosperity I said, ‘I shall never be moved.’ LORD, by Your favor You have made my mountain stand strong;”

When we get too full of ourselves, we forget Who gave us the blessing. We forget all His blessings are because of His grace not because we deserve them. Then we stop pleasing God and instead we earn His anger.

B. When did David recognize his need of forgiveness?

v.7 “You hid Your face, and I was troubled. I cried out to You,”

The word translated “troubled” means “*horrified or alarmed*.” David was so sensitive to Yahweh, that when there was a problem and the LORD hid His face from David, he knew and immediately sought to make it right!

C. So immediately David pleaded with his LORD.

vs.8-10 “And to the LORD I made supplication: What profit is there in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth? Hear, O LORD, and have mercy on me; LORD, be my helper!”

David is pleading with God, not making a deal with God. His plea is “*if I die I cannot praise you; I cannot tell others of all the wondrous things you do.*” This is David’s equivalent to Paul’s “*For to me to live is Christ.*” (Phil 1:21) David asserted the whole goal of His life was to glorify God.

III. Yahweh, The Way You Are (v. 4-5, 11-12)

vs.4-5 “Sing praise to the LORD, you saints of His, And give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.”

vs.10-11 “You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.”

A. Before David told us of his sinful pride, he gave us a glimpse of the way our Yahweh is.

vs.4-5 “Sing praise to the LORD, you saints of His, And give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.”

This fact is vital to know. It strengthened David to seek God’s forgiveness. Notice we need to praise the LORD by remembering His holy name. We often praise God for His love and forget that at the very moment He loves us, His holiness is involved.

1. He is holy and so we should flee in terror. We don’t because of His grace. What does His grace look like? God’s anger is momentary. However, His grace lasts our whole life!

2. ***“Weeping may [spend the night] for the night, but joy comes with the morning.”*** (v.5) In God’s way His chastening of His children is nothing compared to the blessing.

B. When we read **verses 6-10**, we read of the weeping that lasted for the night. Now for the joy that comes in the morning.

vs.10-11 ***“You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.”***

Sorrow was transferred to the overflowing of joy. Then David piles another picture on top of this. God removed our sackcloth, the image of our sorrow and grief. Now He put gladness in its place.

C. ***“To the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever”*** (v.12) No more will I take credit for the blessings you gave me. ***“My glory,”*** Your grace gifts, will sing praise to You and You alone. I will thank You forever and ever because You touched me!

Hymn #504 He Touched Me