

SERMON OUTLINE

In Psalm 30 we are shown David involved in 4 acts of worship as he thanks God for saving him from death.

I. David Extols God for His Salvation:

Transformation #1: Death to Life (vs. 1-3)

II. David Call the Saints to Thank God for His Grace:

Transformation #2: Anger to Favor (vs. 4-5a)

Transformation #3: Weeping to Joy (v. 5b)

III. David Cries out to God for His Mercy:

Transformation #4: Self-Sufficiency to Dependence (vs. 6-7)

Transformation #5: Pit to Proclamation (vs. 8-10)

IV. David Thanks God for His Salvation:

Transformation #6: Mourning to Dancing (v. 11)

Transformation #7: Silence to Praise (v. 12)

BIBLE DISCUSSION GROUP STUDY QUESTIONS

In preparation for Sunday, October 2, 2016

Passage: Psalm 30:1-12

Memory Passage: Psalm 30:11-12

DAY 1 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Psalm 30.** From what has David been rescued (vs. 1-3)?
- (b) Why would David's sickness (one possible interpretation of David's need) cause his enemies to "rejoice" over him?
- (c) What did David fear the result of his sickness/suffering would be (examine the verbs he uses to describe his healing)?
- (d) Have you ever prayed through and meditated on this Psalm during an illness? How were you affected? If not, what benefits do you see for praying this Psalm the next time you are sick, or ministering to someone else who is sick?

DAY 2 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Psalm 30.** Why does David turn his focus to Yahweh's "saints" in vs. 4-6?
- (b) "For" (v. 5) what reason does David call the saints to praise & thanksgiving?
- (c) Explain the 2nd bicolon of v. 5 in its context?
- (d) Here is another way to ask question (c) that might help you to interpret v. 5: What are the connections between "anger" and "weeping," & "favor" and "joy?"

DAY 3 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Psalm 30.** What is David confessing in v. 6, and what is faulty about this past thinking/acting?
- (b) To what does "my mountain" refer in v. 7 (i.e. Mt. Zion? David's person? Something else?)?
- (c) Why did God hide His face from David (let the context provide the answer!)?
- (d) Think of a time where you stood strong in your own strength, only to find that God hid His face from you in order to lead you to a greater dependence upon Him and His strength, which was demonstrated as He revisited you with His favor. What did you learn? How did it strengthen you for future situations? How will you use this testimony to benefit others?

DAY 4 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Psalm 30.** Verses 8-9 describe David's cry for help mentioned in v. 2. What does David's initial statement (v. 8) reveal about (1) his view of Yahweh, and (2) his view of the one controlling his suffering?
- (b) For what reason did David plead with Yahweh to save him?
- (c) David understood his role as King of Israel: Live in such a way that he & the nation would receive God's covenant blessings, and in such a way that the nations would be drawn to Yahweh's glory. If he died, who would do this (v. 9b)? In what ways will you strengthen your commitment to this task (i.e. living in such a way that those around you see God's glory and the nations are brought to salvation)? How might our church strengthen our commitment to this Great Commission task?

DAY 5 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Psalm 30.** Over what has David been mourning, and what has God done to transform it into dancing?
- (b) What other transformations do you find throughout this Psalm (I found at least 7!).
- (c) To what is David referring when he says that God's actions allow his "glory" to sing & not be silent?
- (d) What kind of Psalm is this: Praise, Lament, or Thanksgiving? How do you know?
- (e) How does this Psalm fit the occasion mentioned in the superscript: "A Song at the Dedication of the Temple?"
- (f) Write down at least 3 more ways in which you can put this Psalm into application in your life this week (in addition to those you have already identified in earlier questions).

DATE: October 2, 2016

PASSAGE: Psalm 30:1-12

Mourning into Dancing