

Psalm 30 — “Praying & Praising When God Spares Your Life from Death”

This is a “Psalm of Re-orientation” - it’s all prayer & all praise!

“Whoever directs his mind to meditate upon heavenly things will never faint under his afflictions” (John Calvin).

“In the light of our sufferings, we need to see our experiences not only in the light of this world but of eternity” (James Montgomery Boice).

Background to Psalm 30

- Written by David
- The superscription/Title: for the Dedication at the House - 2 Samuel 5-6. Interestingly, Jewish tradition offers many insights as to how Ps 30 was used. It may have been used at the feast of Hanukkah as the Talmud suggests (*b. Sop* 18b). There may have been some ceremony of “thanksgiving”. Another Jewish source, the *Mishnah*, notes that Ps 30 was used at the feast of Firstfruits (*Bikkurim* 3.4; cf. Deut 26:1-11).
- a Psalm = to be sung with stringed instruments
- For the choir director (see Ps 31 heading which is really the last concluding phrase of Ps 30).

THESIS — in Psalm 30 - we see David totally given to praise & calling all to praise!

I. REFLECT! = LOOK WHAT HAPPENED! (1-3) [declare]

II. RECOUNT! = LET ME ITEMIZE IT ONE BY ONE! (4-12) [details]

I. REFLECT! LOOK WHAT HAPPENED! (1-3)**II. RECOUNT! LET ME ITEMIZE IT ONE BY ONE (4-12)**

NOTE! verses 4 & 12 = inclusio/sandwich structure (verbs: **sing praise + give thanks**)

A. Anger turned to grace (5)

B. Weeping turned to shouts of joy (5b)

C. self-sufficiency turned to humility (6-10)

Manifestations of self-sufficiency —

Pastoral counsels so you can shred self-sufficiency —

D. mourning turned to dancing (11)

“Let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.”

— Hebrews 12:1-3

Sing to the Lord, ye saints of his, And tell how large his goodness is;
Let all your powers rejoice and bless While you record his holiness.

— Isaac Watts

PSALM 30: PSALTER — I WILL EXTOL YOU*Tune: Jesus Shall Reign (or: Doxology or: I asked the LORD that I might grow)*

I will extol you, Lord on high;
 at your command diseases fly!
 Who but our God can speak, and save
 from darkening shadows of the grave?

Sing to the Lord, with fears dismissed,
 and tell how great God's goodness is!
 Let all your powers rejoice and bless,
 while you record God's holiness.

Though grief and tears the night employ,
 the Morning Star restores our joy.
 God's praise shall sound through earth and heaven
 for sickness healed and sin forgiven.

PRAISE TO THE LORD THE ALMIGHTY

Praise to the Lord,
 The Almighty, the king of creation!
 O my soul, praise Him,
 For He is thy health and salvation!
 All ye who hear,
 Now to His temple draw near;
 Praise Him in glad adoration.

Praise to the Lord,
 Who doth prosper thy work and defend thee;
 Surely His goodness
 And mercy here daily attend thee.
 Ponder anew
 What the Almighty can do,
 If with His love He befriend thee.

Praise to the Lord,
 Who o'er all things so wondrously reigneth,
 Shelters thee under His wings,
 Yea, so gently sustaineth!
 Hast thou not seen
 How thy desires ever have been
 Granted in what He ordaineth?

Praise to the Lord,
 O let all that is in me adore Him!
 All that hath life and breath,
 Come now with praises before Him.
 Let the Amen sound from His people again,
 Gladly forever adore Him.

PRAYER MEETING GUIDE**Specific Prayer Requests & CFBC Missionaries**

- Parents with young children/teens
- Pregnant mothers - Paola, Sarah A, Brittany
- Protection of Flock
- Upcoming baptisms
- More biblical counselors to be trained, certified & willing to counsel
- Upcoming Sunday sermon series in Leviticus & Hebrews
- RATAN (India)
 - just preached from 1 Peter for 5 days where 500+ people attended
 - Pray for a place to gather; a dining hall to host food; many meetings held in open air.
- LIAM KIM (Myanmar)
 - for their seminary - they only have power 4 hours a day in the main cities. prayer and praise for provision for 3-year solar power plant to give electricity for the seminary’s lighting, cooking, and cooling fans.
- Sean Ransom (Philippines) - starting a new year of training/classes; big prayer: to be a **CENTRALIZED HUB** in all of Asia for expository preaching/training men to be “Expositors of the Word of God”
- Dorothy Callier (STL)

Season of Thanksgiving & Praise

- for God’s Word
- for salvation
- for the Church
- for the Indwelling Spirit
- for heaven’s hope
- for the judgment that will come on the wicked
- for the absolute sovereignty of our God

The prayer meeting is the pulse of the church... The prayer meeting is the rallying point where the power of faith in the church concentrates, and takes hold on the Arm that moves the world... The spirit of prayer, and the love and practice of the prayer meeting, will so give organic strength to the church as to make her as powerful as an army with banners. (J.B. Johnston)