

Psalm 30

1:1 A Psalm and Song at the dedication of the house of David. I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

2 O LORD my God, I cried unto thee, and thou hast healed me.

3 O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit. 4 Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness. 5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning. 6 And in my prosperity I said, I shall never be moved.

7 LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

8 I cried to thee, O LORD; and unto the LORD I made supplication. 9 What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?

10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper. 11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

12 To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.

Introduction notes:

1. David composed this song around the time of the dedication of his house (2 Sam. 5:11; Deut. 20:5). Do we practice house dedication today? – We can and we should dedicate ourselves to the Lord.
2. “Psalm” means song or instrumental music; a “Song” means joyful song or singing.

Outline:

- I. Praise Expressed (v.1)
 - A. Praise expressed for healing (v.2)
 - B. Praise expressed for deliverance (v.3-6)
 - C. Praise expressed for strength (v.7)
 - D. Praise expressed for life (v.8-9)
 - E. Praise expressed for mercy (v.10-11)
- II. Thanksgiving Expressed (v.12)

Observations:

1. To “extol” is to “exalt” (cf. Exo. 15:2).
2. God is to be praised for he delivered David from “the grave” (Sheol). – Physical deliverance (from the Philistines) and Spiritual deliverance (from Hell).
3. God still heals today but it is based upon His mercy. We appeal to God’s mercy for healing. Jesus healed during His earthly ministry as a demonstration of His future Millennial reign and for the purpose of demonstrating that He is the Messiah.
4. David apparently needed healing due to his sin with Bathsheba (Ps. 6:2 – there are other passages in Psalms relating to David’s health – 41:4; 51:12; 103:3).
5. David expressed his dependence upon the Lord through prayer. It is a common temptation for people in power to forget the LORD (Deut. 8:11-14).
6. (v.5) – Contrasting: God’s anger (momentary) with God’s favor (forever); with weeping (momentary) and joy (forever). (v.10) mourning to dancing; sackcloth to gladness.
7. (v.7) David’s “my mountain” was Mt. Zion (Jerusalem).
8. (v.8) – I cried is an imperfect tense meaning he prayed constantly or regularly.

Lesson: Our life (glory) including our possessions, health, etc. are dependent upon the Lord – man is not self-sufficient. We are to “extol” the LORD for His provisions and care upon us. We are to live a life of praise to God.