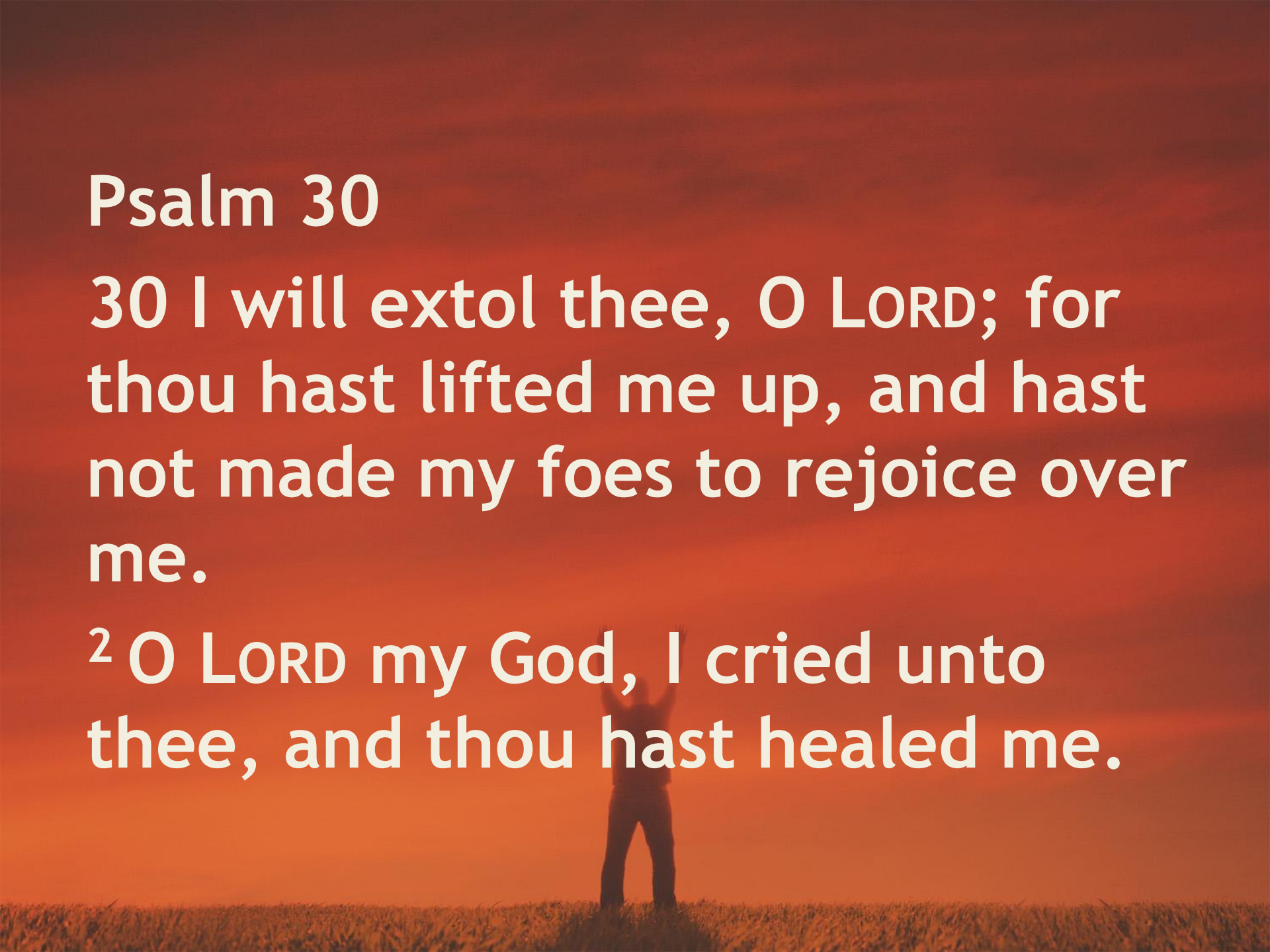


Psalm 30

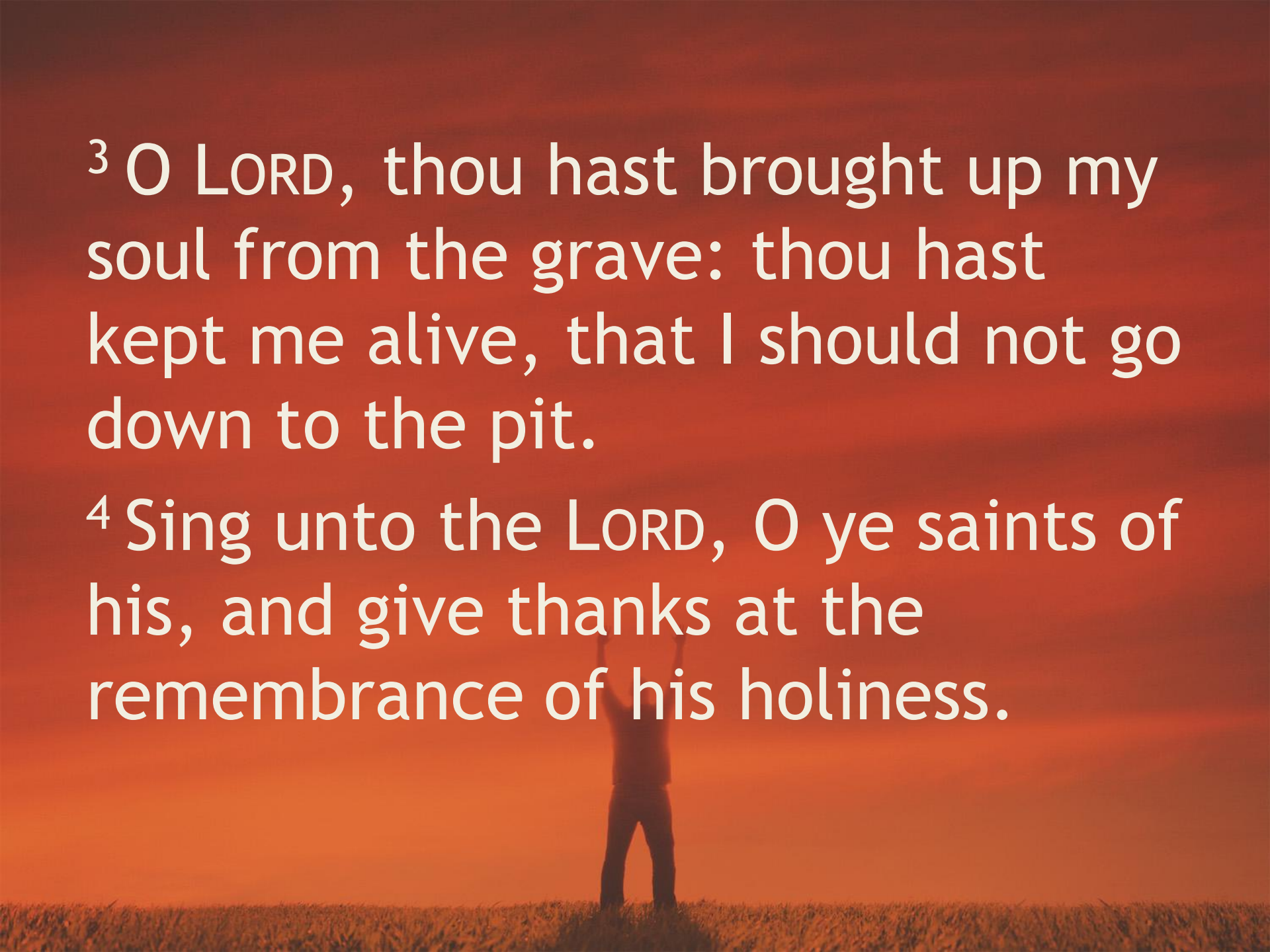
30 I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

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.

A silhouette of a person standing in a field with arms raised, set against a warm, orange-red sunset sky. The person is positioned in the lower center of the frame, with their arms raised high. The background is a gradient of orange and red, suggesting a sunset or sunrise. The foreground shows the top of a grassy field.

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.



I. David praises God for
victories (vs. 1-3)

Over Danger

Over Disease

Over Death

A background image showing a vast green field in the foreground, with a horizon line. The sky above is filled with soft, warm colors of a sunset or sunrise, transitioning from a pale yellow near the horizon to a deep orange and red at the top.

II. David invites others to
join in praising God (V.4)

III. David gives reasons to praise God (v.5)



IV. David's Personal Testimony (vs. 6-7)



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.



Philippians 4:13

¹³ I can do all things through
Christ.....



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



Psalm 119:71

⁷¹ It is good for me that I have been afflicted; that I might learn thy statutes.



Psalm 94:12

¹² Blessed is the man whom thou chastenest, O LORD, and teachest him out of thy law;



Psalm 119:67

⁶⁷ Before I was afflicted I went astray:
but now have I kept thy word.



V. David's Prayer (vs. 8-10)



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.



VI. David's Proclamation (v. 11-12)



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.

