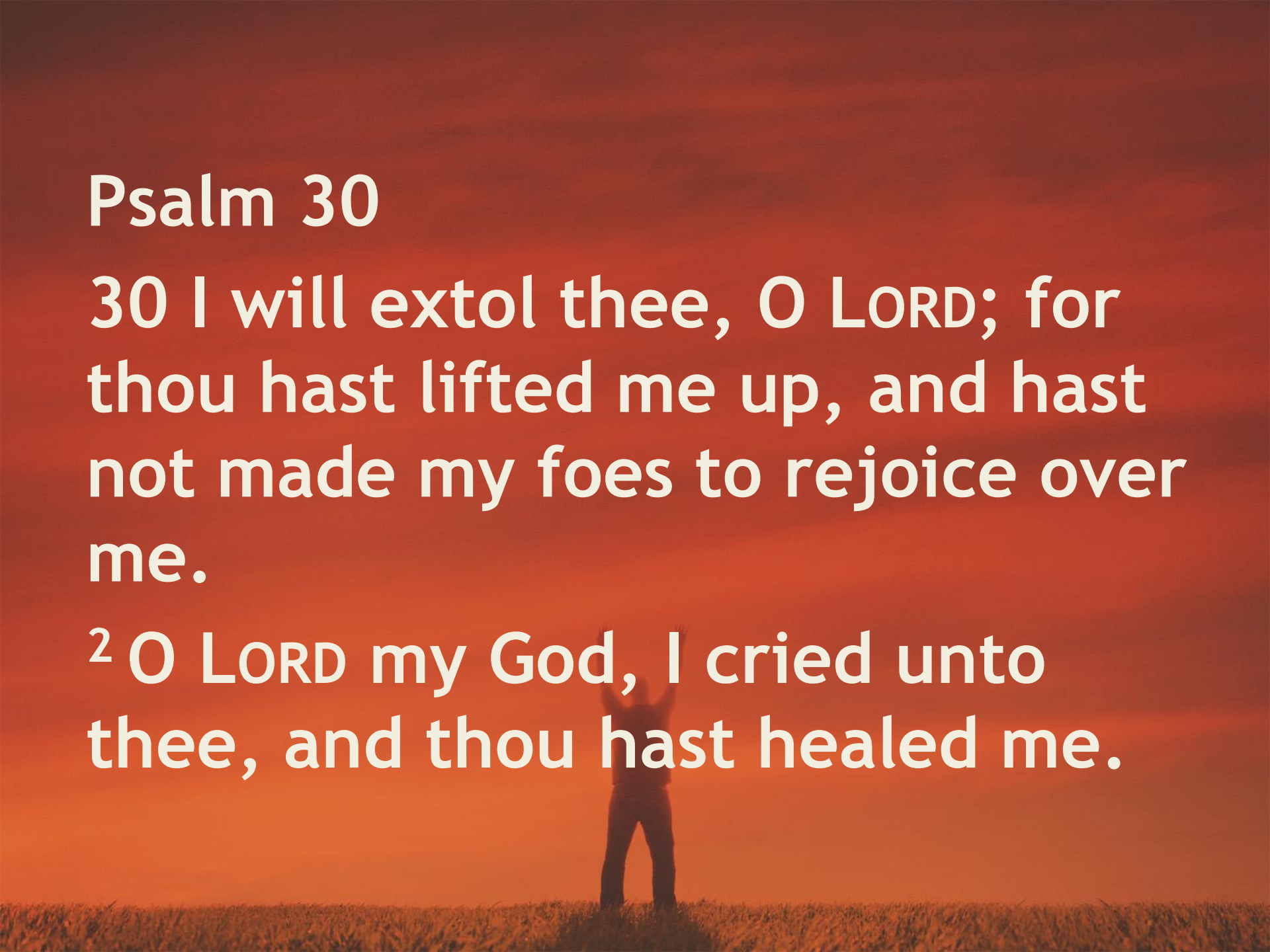


Psalm 30

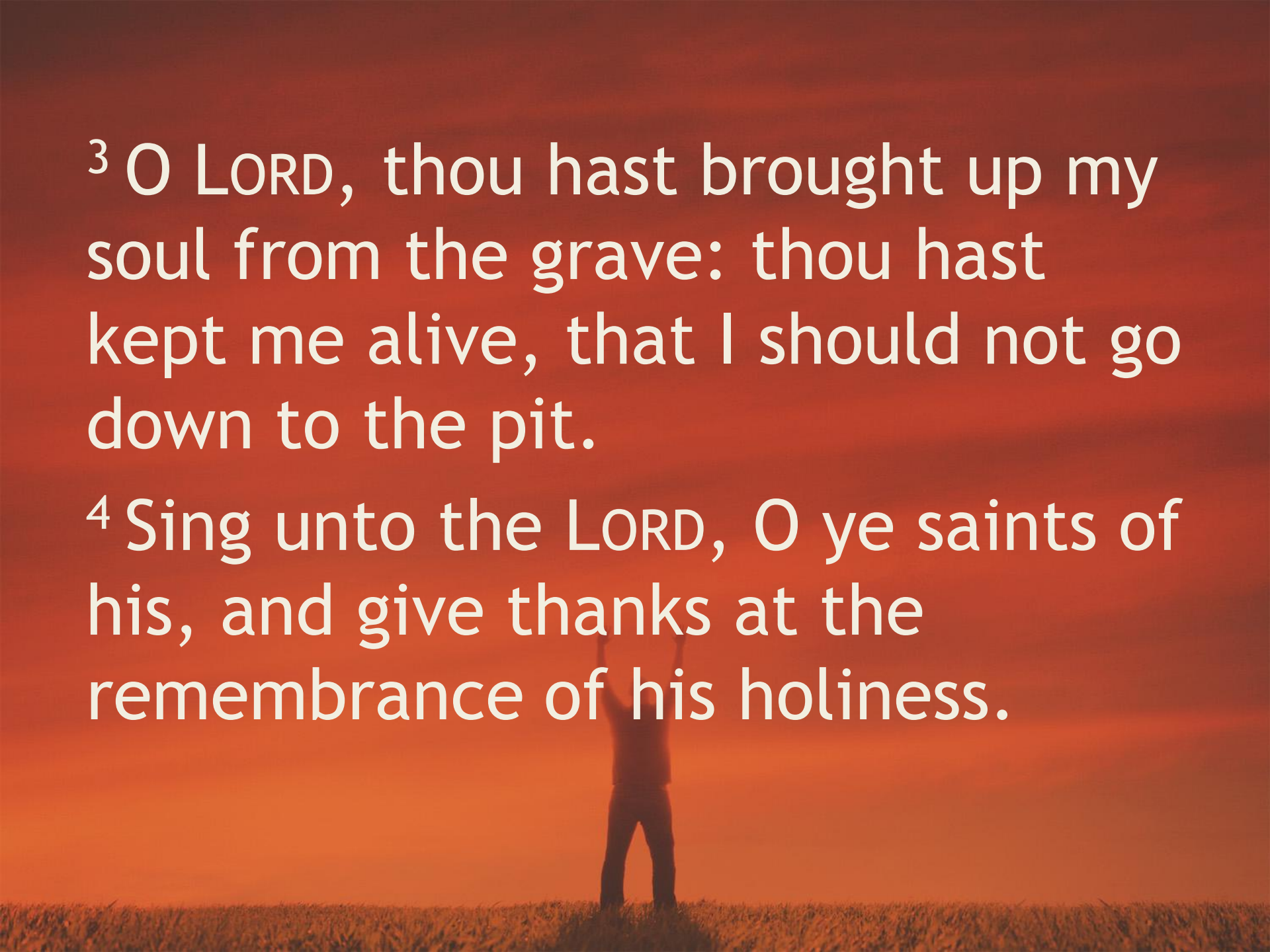
30 I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

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

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.

A background image showing a vibrant sunset or sunrise over a green field. The sky is filled with warm, orange and red hues, transitioning to a lighter yellow and blue near the horizon. The field in the foreground is a lush green, with the grass appearing to be blowing in the wind.

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

**⁴ Sing unto the LORD, O ye
saints of his, and give thanks
at the remembrance of his
holiness.**

Psalm 34:3

**³ O magnify the LORD with me,
and let us exalt his name
together.**

Psalm 95:6

**⁶ O come, let us worship
and bow down: let us kneel
before the LORD our maker.**

Matthew 18:20

King James Version

²⁰ For where two or three are gathered together in my name, there am I in the midst of them.

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



**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.**



“By itself, this passage could mean, merely, ‘into each life a little rain must fall’ or ‘every cloud has a silver lining’ or ‘you’ve got to take the bad with the good’ or ‘cheer up, things will get better’.... But what David is talking about is God’s disfavor versus his favor, expressed in the experiences of life. His conviction is that the favor always outweighs the disfavor for God’s people.” (Boice)

