

November 7, 2021
Psalm 30:1-12
Thankfulness: The Joy of Life
God Delivers

Thankfulness: The Joy of Life: “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:16-18).

Psalm 30, God Delivers

God Delivers Hope (1-3)

“O LORD, you have brought up my soul from Sheol...” (v. 3).

“I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment...The Scotch catechism says that man’s chief end is ‘to glorify God and enjoy Him forever.’ But we shall then know that these are the same thing. Fully to enjoy is to glorify. In commanding us to glorify Him, God is inviting us to enjoy Him” (C. S. Lewia, *Reflections on the Psalms*).

God Delivers Joy (4-5)

“Weeping may tarry for the night, but joy comes with the morning” (v. 5b).

*“Count it all joy, by sisters and brothers, when you meet trials of various kinds...”
(James 1:2).*

God Delivers Mercy (6-10)


“Hear, O LORD, and be merciful to me! O LORD, be my helper!” (v. 10).

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need” (Hebrews 4:16).

God Delivers Restoration (11-12)

“You have turned for me my mourning into dancing...that my glory may sing your praise and not be silent...” (vv. 11-12).

“God has allowed hard things in your life so you can show the world that your God is great and that knowing Him brings peace and joy, even when life is hard”
(Francis Chan, *Crazy Love*).



O Lord my God
I cried to You
for help and
You healed me.

Psalm 90:2