

## PSALMS OF PRAYER AND PRAISE

### Psalm 30:1-12 (NASB)

- <sup>1</sup> I will extol You, O LORD, for You have lifted me up, And have not let my enemies rejoice over me.
- <sup>2</sup> O LORD my God, I cried to You for help, and You healed me.
- <sup>3</sup> O LORD, You have brought up my soul from Sheol; You have kept me alive, that I would not go down to the pit.
- <sup>4</sup> Sing praise to the LORD, you His godly ones, And give thanks to His holy name.
- <sup>5</sup> For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, But a shout of joy *comes* in the morning.
- <sup>6</sup> Now as for me, I said in my prosperity, “I will never be moved.”
- <sup>7</sup> O LORD, by Your favor You have made my mountain to stand strong; You hid Your face, I was dismayed.
- <sup>8</sup> To You, O LORD, I called, And to the Lord I made supplication:
- <sup>9</sup> “What profit is there in my blood, if I go down to the pit? Will the dust praise You? Will it declare Your faithfulness?”
- <sup>10</sup> “Hear, O LORD, and be gracious to me; O LORD, be my helper.”
- <sup>11</sup> You have turned for me my mourning into dancing; You have loosed my sackcloth and girded me with gladness,
- <sup>12</sup> That *my* soul may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

### Psalm 30: Dramatic Deliverance

This psalm was written by David after recovering from an illness that nearly took his life. He began his writing with praise to God for His goodness. David extolled and lifted up the name of the Lord because God has lifted him. God is credited with healing. Healing which can be mental, physical, and/or spiritual healing.

*“Sing praise to the Lord, you saints of His, and give thanks at the remembrance of His holy name.”* Music is a serious part of worship. Our great hymns of worship express the author’s praises of God’s glory. Sometimes, however, music is a mere part of the program rather than a deep spiritual act of worshiping God. [Amos 5:23](#) says, *“Take away from Me the noise of your songs, for I will not hear the melody of your stringed instruments.”*

*“For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.”* God is angry at sin but does not delight in our ruin. He desires for us to repent of sin, return to Him, and experience his favor for life. Two elements of life are joy and sorrow. We often have better memories for sorrow than we have for joy. Grief is a strong and real human emotion. We must recognize and

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reckon with sorrow but avoid magnifying and prolonging it. Sorrow may stay overnight but joy resides day after day!

Verses 6 and 7 appear to be arrogant boasting and subsequent humiliation. Verse 6 focuses on “I”. In verse 7 the author realizes it is the Lord who establishes and causes prosperity. Often we humans are only open to eternal lessons when weak and humbled. God can heal us if we ask, rearranging our priorities and wrong attitudes. He does show mercy, which can be colloquially defined: I did not get the bad I deserved!