

Psalm 30

Written prophetically for the Dedication of the temple.

Focus: On God and HIS greatness of HIS deliverance.

Writer: **King David**



Psalm 30

Verse 1: I praise you, Lord, because you have saved me and kept my enemies from gloating over me.

Verse 2: I cried to you for help, O Lord my God, and you healed me;

Verse 3: You kept me from the grave. I was on my way to the depths below, but you restored my life.

Verse 4: Sing praise to the Lord, all his faithful people! Remember what the Holy One has done, and give him thanks!

Verse 5: His anger lasts only a moment, his goodness for a lifetime. Tears may flow in the night, but joy comes in the morning.

Verse 6: I felt secure and said to myself, "I will never be defeated."

Verse 7: You were good to me, Lord; you protected me like a mountain fortress. But then you hid yourself from me, and I was afraid.

Verse 8: I called to you, Lord; I begged for your help:

Verse 9: "What will you gain from my death? What profit from my going to the grave? Are dead people able to praise you? Can they proclaim your unfailing goodness?"

Verse 10: Hear me, Lord, and be merciful! Help me, Lord!"

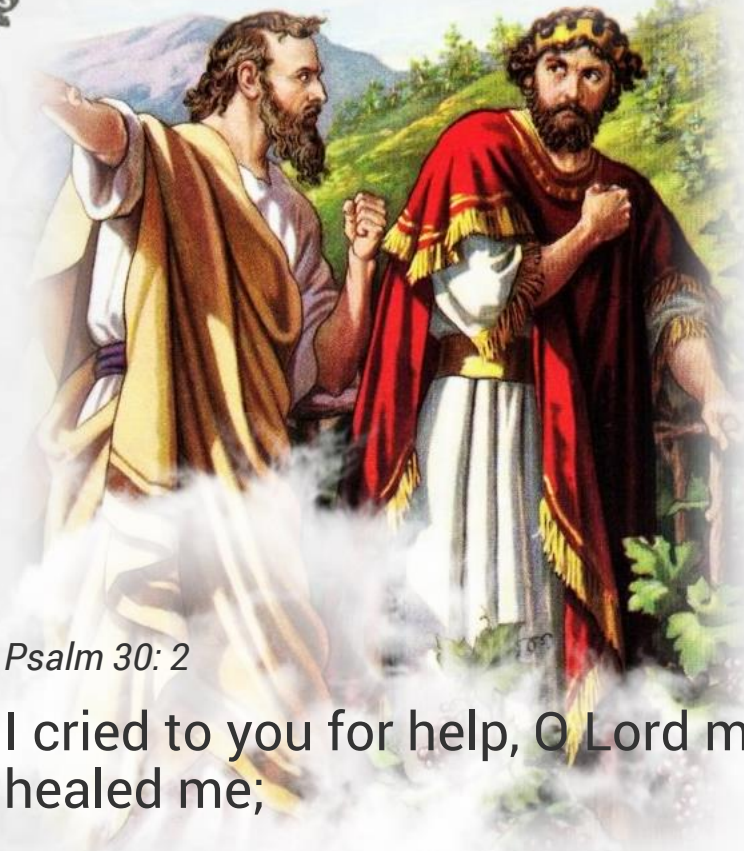
Verse 11: You have changed my sadness into a joyful dance; you have taken away my sorrow and surrounded me with joy.

Verse 12: So I will not be silent; I will sing praise to you. Lord, you are my God; I will give you thanks forever.

Psalm 30

In Hebrew

מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד
אֲרוּמִמֶּךָ יְהוָה כִּי דָלִיתָנִי וְלֹא־שִׁמַּחְתָּ אִיבֵי לִי
יְהוָה אֱלֹהֵי שִׁנְעֵתִי אֵלַיךָ וַתִּרְפָּאֵנִי
יְהוָה הֶעֱלִית מִן־שָׁאוֹל נַפְשִׁי חִיֵּיתָנִי מִיַּרְדֵּי (כְּתִיב מִיַּרְדֵּי) בּוֹר
זָמְרוּ לַיהוָה חֲסִידָיו וְהוֹדוּ לְזִכָּר קִדְשׁוֹ
כִּי רָגַע בְּאִפּוֹ חַיִּים בְּרִצּוֹנוֹ בְּעָרֵב יְלִין בְּכִי וְלִבְקָר רִנָּה
וְאֲנִי אָמַרְתִּי בְּשִׁלְוִי בַל־אֲמוּט לְעוֹלָם
יְהוָה בְּרִצּוֹנְךָ הֶעֱמַדְתָּה לְהַרְרִי עַז הַסְתַּרְתָּ פְּנֵיךָ הֵייתִי נִבְהַל
אֵלַיךָ יְהוָה אֶקְרָא וְאֵל־אֲדַנִּי אֶתְחַנֵּן
מִה־בְּצַע בְּדַמִּי בְּרִדְתִּי אֶל־שִׁחַת הַיּוֹדֶךָ עֶפֶר הִיגִיד אֲמַתְּךָ
שָׁמַע־יְהוָה וְחִנְנֵנִי יְהוָה הִנֵּה | עֲזָר לִי
הַפְּכֶת מִסּוּפְדִי לְמַחְזוֹלֹלִי פִתַּחְתָּ שִׁקִּי וַתֹּאזְרֵנִי שִׁמְחָה
לְמַעַן | יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם יְהוָה אֱלֹהֵי לְעוֹלָם אֲזַדְּךָ



Verse 1 -3: Praising God for the deliverances

Psalm 30: 1

I praise you, Lord, because you have **saved me** and kept my **enemies** from **gloating** over me.

Saved me: Drawn me out and set free

Gloating: finding joy in others misfortune

Psalm 30: 2

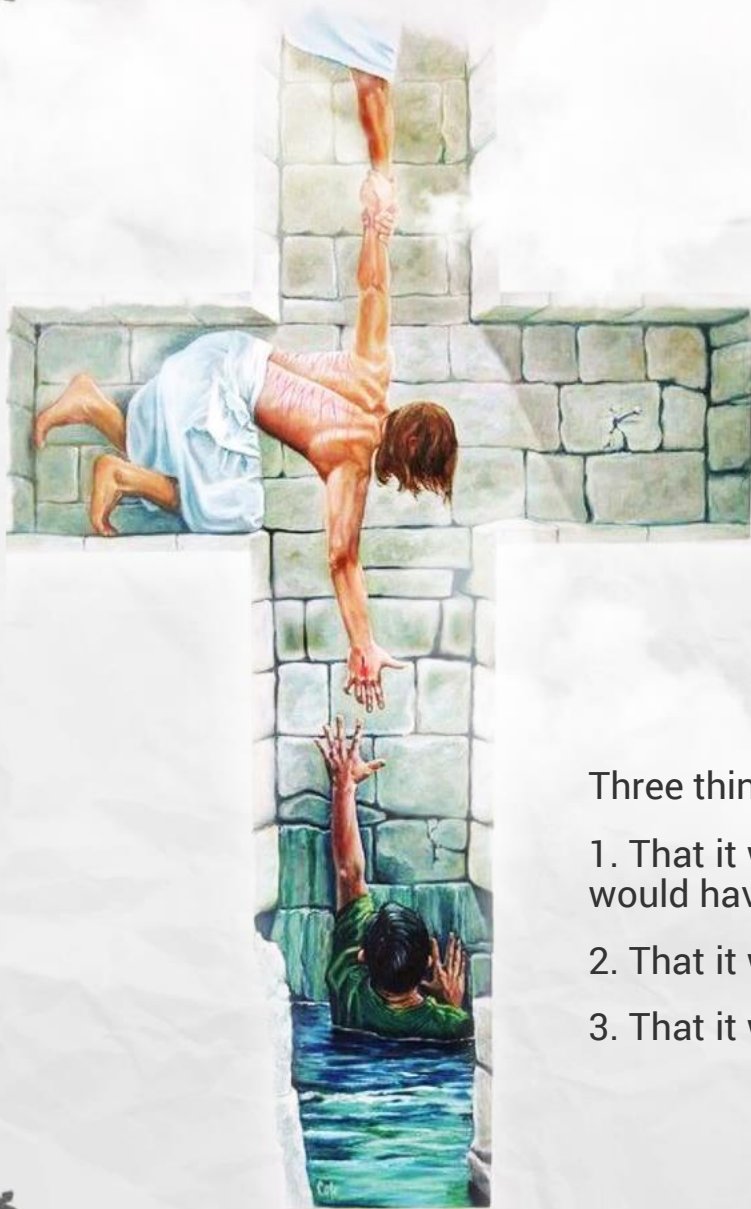
I cried to you for help, O Lord my God, and you healed me;

I **cried** to you for **help**: An expressions of trouble or grief.

"I cried to thee, and thou hast not only **heard me**, but **healed me**, healed the distempered body, healed the disturbed and disquieted mind, healed the disordered distracted affairs of the kingdom.



This is what God glories in, I am the Lord that healeth thee (**Ex. 15:26**), and we must give him the glory of it.



Psalm 30: 3

You kept me from the grave. I was on my way to the depths below, but you restored my life.

Kept me from grave: Almost a near death experience

On way to the depths below: not having the knowledge, experience or skills to deal with a particular situation.



Three things that magnify David's deliverance:-

1. That it was the defeat of his enemies. They did not get the opportunity to triumph over him, as they would have done, if he would had died or perished in this distress
2. That it was an answer to his prayers
3. That it was the saving of his life it."

Verse 4, 5: Calling the saints of Lord to Praise HIM

Psalm 30: 4

Sing praise to the Lord,
all his faithful people!
Remember what the Holy
One has done, and give
him thanks!

Calling the saints of Lord to Praise
HIM, Reminding them of the favors
done, Asking for thanksgiving

Psalm 30:5

His anger lasts only a moment, his goodness
for a lifetime. Tears may flow in the night, but
joy comes in the morning.

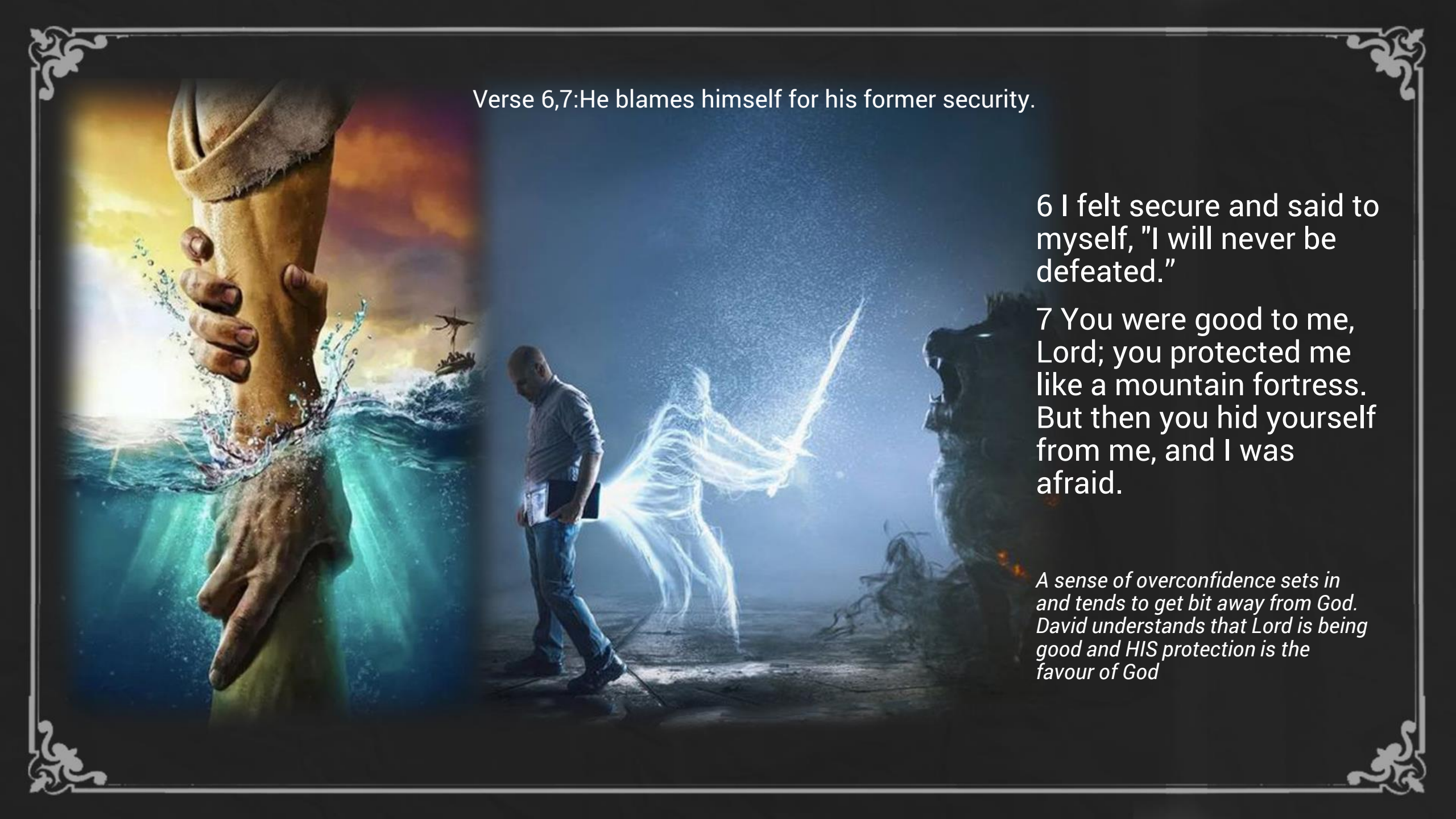
In this verse we see a contrast change

Anger and Goodness; Moment and lifetime; Tears and Joy; Night
and day

Moment shows short lived anger for those who have sinned,
repented, confessed and prayed for mercy

Whereas Lifetime is HIS LOVE, HIS GOODNESS



The image is a composite of three distinct scenes. On the left, a close-up shows a large, weathered hand holding a smaller, human hand. The hands are partially submerged in water, with splashes and light rays filtering through. In the center, a man in a light blue shirt and jeans walks away from the viewer, looking down. Behind him, a glowing, ethereal figure in white robes holds a bright, glowing sword. On the right, a dark, screaming face is visible, with its mouth wide open in a shout or cry. The background is a dark, misty landscape with some faint light sources.

Verse 6,7:He blames himself for his former security.

6 I felt secure and said to myself, "I will never be defeated."

7 You were good to me, Lord; you protected me like a mountain fortress. But then you hid yourself from me, and I was afraid.

A sense of overconfidence sets in and tends to get bit away from God. David understands that Lord is being good and HIS protection is the favour of God

Verse 8 – 10: He recollects the prayers and complaints he had made in his distress.

Psalm 30: 8

I called to you, Lord; I begged for your help.

Statement of fear sets in but David's eyes are still upon HIM.

He calls out loud and beg for help as David by now he realized that Prayer and surrendering is the salve for every sore.

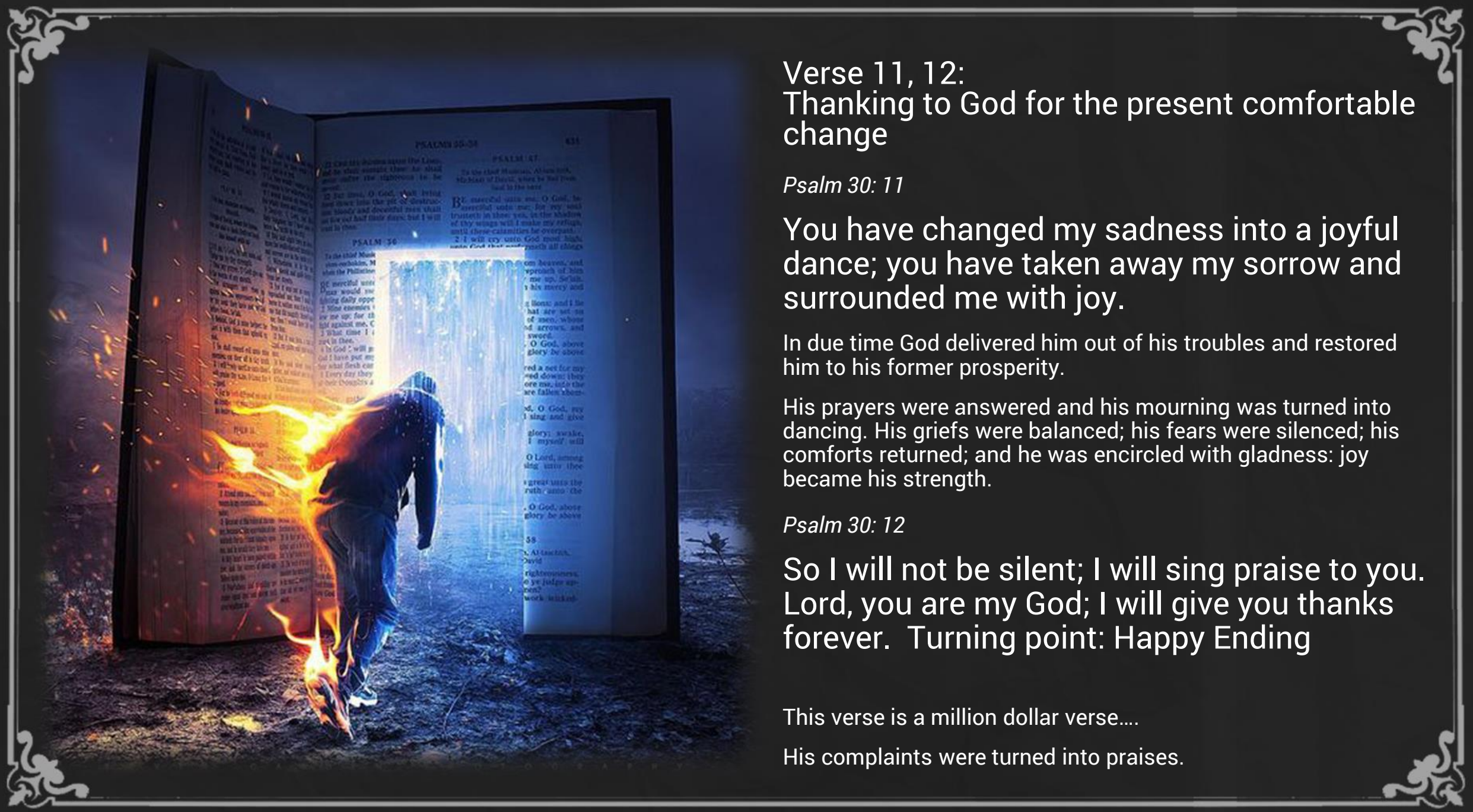
Psalm 30: 9, 10

"What will you gain from my death? What profit from my going to the grave? Are dead people able to praise you? ¹⁰ Can they proclaim your unfailing goodness? Hear me, Lord, and be merciful! Help me, Lord!"

This verse is like a earthly praise. He asks God what will God gain from David's death.. A very selfish kind of statement....its like a deal making statement.

He prays for mercy to pardon (Have mercy upon me), and for grace to help him in the time of need-Lord, be thou my helper.





Verse 11, 12:
Thanking to God for the present comfortable
change

Psalm 30: 11

You have changed my sadness into a joyful
dance; you have taken away my sorrow and
surrounded me with joy.

In due time God delivered him out of his troubles and restored
him to his former prosperity.

His prayers were answered and his mourning was turned into
dancing. His griefs were balanced; his fears were silenced; his
comforts returned; and he was encircled with gladness: joy
became his strength.

Psalm 30: 12

So I will not be silent; I will sing praise to you.
Lord, you are my God; I will give you thanks
forever. Turning point: Happy Ending

This verse is a million dollar verse....

His complaints were turned into praises.

Is it difficult to praise? How often/frequently do we praise?

Wonderful Benefits of Praise

- Praise gets our focus off ourselves and back on God.
- Praise brings us to a place of humility/ low importance
- Praise invites victory.
- Praise removes out complaining and negativity
- Praise refreshes our spirits
- Praise opens the door for supernatural powers of God ...when you are at your lowest... praise LORD. Miracles had happened then and will happen now.





שְׁלוֹם