

Psalm 30

It's a song that was written for the dedication of the King's home or a portion of the temple in King David's day. It was written to be sung with instruments. Within the poetic nature of these words there is a pattern that emerges that I want to point out to you today. I suppose this Psalm or song could be split up into five messages if you wanted, there is that much here.

What I want us to see is the story of God as He relates to a man or woman that has had some struggles in their life. Life is not always perfect. You and I are not always perfect. I don't offer that as an excuse or something to celebrate but life takes us through seasons and in those seasons we must guard our hearts and emotions and purpose to know God and God alone; to obey God and God alone. It should be our greatest heart's desire to do God's will, everyday with our lives.

In this Psalm we will learn how to keep our heart's tuned to sing His praise. To keep our heart remembering who God is and how He works on our behalf. This is a song of praise and it calls for us to be purposeful in our praise and to be purposeful with our lives. We can find comfort in its words. We can find a pattern to base our daily life on and more importantly our life over the span of our years.

Listen to these words or follow along in your Bibles:

*I will exalt you, LORD, for You rescued me. You refused to let my enemies triumph over me.
2 O LORD my God, I cried to You for help, and You restored my health. 3 You brought me up from the grave, O LORD. You kept me from falling into the pit of death.*

4 Sing to the LORD, all you godly ones! Praise His holy name. 5 For His anger lasts only a moment, but His favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. 6 When I was prosperous, I said, "Nothing can stop me now!" 7 Your favor, O LORD, made me as secure as a mountain. Then You turned away from me, and I was shattered.

*8 I cried out to You, O LORD. I begged the Lord for mercy, saying, 9 "What will You gain if I die, if I sink into the grave? Can my dust praise You? Can it tell of Your faithfulness?
10 Hear me, LORD, and have mercy on me. Help me, O LORD."*

11 You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy 12 that I might sing praises to You and not be silent. O LORD my God, I will give You thanks forever! Psalm 30:1-12 NLT

Let's attempt to unpack this Psalm of praise and figure out if we have anything to praise God for!

1. Reasons to remember:

There are some reasons given in this Psalm, for praising God. Look at the first three verses:

*I will exalt you, LORD, for You rescued me. You refused to let my enemies triumph over me.
2 O LORD my God, I cried to You for help, and You restored my health. 3 You brought me up from
the grave, O LORD. You kept me from falling into the pit of death. Psalm 30:1-3 NLT*

Practically speaking the Psalmist calls the church to worship the Lord. And he gives us some reasons to remember. As a Christian you will have some things to always praise God for. They have been consistent since the beginning of time. God never changes and the Bible says that Jesus Christ is the same yesterday, today and forever. Let's look at three quick reasons that the Psalmist suggested.

- a. You rescued me

When you are saved and become a Christian it is because Jesus Christ came to this earth to rescue you.

- b. You refused to let my enemies win

If you have served God for any length of time you will know that once He is on your side He is really on your side.

- c. You restored my health

There are times when God heals us physically but in this case I believe the writer was writing about the health of his situation. He was rescued and God didn't let his enemies win. By the way God is willing to heal us mentally and emotionally if we will let Him. What wouldn't you praise a God like our God?

2. Praises to ponder:

4 Sing to the LORD, all you godly ones! Praise His holy name. 5 For His anger lasts only a moment, but His favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. Psalm 30:4-5 NLT

There are some incredible principles to learn here about God and who He is and what He is really like. Does God ever get upset at the disobedience of His people? I don't think He buys in to the idea or notion that we are just poor struggling sinners with no hope of overcoming sin in our lives but if we find ourselves fallen the psalmist gives us good reason to praise God as we ponder these things.

- a. God's anger verses His favor: "anger lasts a moment" "His favor lasts a lifetime"
- b. Weeping verses joy: "Through the night" "Joy comes in the morning"

This is about God's mercy and forgiveness. Has God ever been angry over disobedience, yes! He is especially given to anger when a group of people or an individual persists in a known and intentional sin. It is presumption to sin knowingly and think that God is not going to care or pay attention. The reason we praise Him is that even though He may be angry when people turn and

repent and go God's way He takes them back. He loves them and cares for them. He takes us back. You don't want to feel God's anger but it will only last for a moment when we turn to His way and His favor lasts for a lifetime.

When we come to ourselves there should be Godly sorry and sadness but while the weeping may last through the night joy comes in the morning!

3. Attitude to avoid

If we are not careful, we can become arrogant in our faith. We may tend to think that there is nothing that the devil can throw at us that would destroy our faith or make us not take God's way, but I want you to know that you can wake up one day and due to circumstances, the season of life or some other reason find yourself prone to wander away from God.

"Prone to wander, Lord I feel it, prone to leave the God I love."

⁶ *When I was prosperous, I said, "Nothing can stop me now!"* ⁷ *Your favor, O LORD, made me as secure as a mountain. Then You turned away from me, and I was shattered.* Psalm 30:6-7 NLT

The writer of 1 Corinthians was concerned with spiritual pride and/or arrogance when he wrote these words:

If you think you are standing strong, be careful not to fall. ¹³ *The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.* 1 Corinthians 10:12-13 NLT

When God removes Himself from your world you ought to be shaken to your very core. Frankly you ought to be scared to death that you are playing around with your soul in light of eternity. David writes here that he was shattered when God turned away from him.

Charles Wesley wrote these sacred poetic words in 1749:

*I want a principle within of watchful, godly fear,
A sensibility of sin, a pain to feel it near.
I want the first approach to feel of pride or wrong desire,
To catch the wandering of my will, and quench the kindling fire.*

I can't tell you how many times I have prayed that prayer in my life but what happens when you've messed up in a major way?

4. Prayers to pray:

⁸ *I cried out to You, O LORD. I begged the Lord for mercy, saying,* ⁹ *"What will You gain if I die, if I sink into the grave? Can my dust praise You? Can it tell of Your faithfulness?"* ¹⁰ *Hear me, LORD, and have mercy on me. Help me, O LORD.*" Psalm 30:8-10 NLT

Have you ever cried out to God? Have you ever begged for His mercy? In this section of the song we read an incredible argument put forth to God for restoration and healing from the effects of sin. God desires our praise. He desires us to praise Him not only with our lips and voices but with our lives. The psalmist is arguing now like a defense attorney. Or maybe like a negotiator or arbitrator. In essence he is saying, “God if you don’t take me back, what will you gain from my life. If you just let me die and be buried in a grave my voice will be silent. My body will be useless. I will turn to dust and my dust can’t praise you or testify of your faithfulness. And then we find three prayers prayed in sequence that I think are excellent. In fact I have memorized them because I want to whisper them occasionally in my heart to God.

- a. Hear me
- b. Have mercy on me
- c. Help me

Remembering, Repenting, Renewing!

A young employee secretly misappropriated several hundred dollars of his business firm’s money. When this action was discovered, the young man was told to report to the office of the senior partner of the firm. As he walked up the stairs toward the administrative office, the young employee was heavy-hearted. He knew without a doubt he would lose his position with the firm. He also feared the possibility of legal action taken against him. Seemingly his whole world had collapsed. Upon his arrival in the office of the senior executive the young man was questioned about the whole affair. He was asked if the allegations were true, and he answered in the affirmative. Then the executive surprisingly asked this question: “If I keep you in your present capacity, can I trust you in the future?” The young worker brightened up and said, “Yes, sir, you surely can. I’ve learned my lesson.” The executive responded, “I’m not going to press charges, and you can continue in your present responsibility.” The employer concluded the conversation with his younger employee by saying, “I think you ought to know, however, that you are the second man in this firm who succumbed to temptation and was shown leniency. I was the first. What you have done, I did. The mercy you are receiving, I received. It is only the grace of God that can keep us both.”

5. Stop the silence!

¹¹ You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy ¹² that I might sing praises to You and not be silent. O LORD my God, I will give You thanks forever! Psalm 30:11-12 NLT

- a. You have turned. . .
- b. You have taken away. . .

Randy Frazee, pastor of Pantego Bible Church in Fort Worth, Texas, shared this story:

I remember seeing a picture of a husband and wife in a gentleman’s office. I said, “Nice picture.” I turned around and looked at the man, and he had tears in his eyes. So I asked him, “Why are you crying?”

He said, “There was a time in our marriage when I was unfaithful to my wife, and she found out

about it. She was so deeply hurt and injured she was going to leave me and take the kids with her. I was overwhelmed at the mistake I had made, and I shut the affair down. I went to my wife in total brokenness. Knowing I did not deserve for her to answer in the affirmative, I asked her to forgive me. And she forgave me. This picture was taken shortly after that. When I see this picture, I see a woman who forgave me. I see a woman who was willing to stand with me in this picture. So when you see this picture you say, 'Nice picture.' But when I see this picture I see my life given back to me again."

O Lord my God, I will give You thanks forever!

Wade Hughes: Many years ago, I failed the Lord in a stupid teenager deed. I can painfully remember January the 1st, 1968. I was raised in the parsonage, I was 16 years old, I knew right from wrong. But I failed the Lord!

1/1/68 was always a painful memory of my stupid failure. Before the sun went down January 1, 1968 I begged God to forgive me for breaking the very heart of God. On January 2nd, I begged God for His forgiveness. On January 3rd I begged God for His forgiveness. And this continued for many years as the enemy oft reminded me of my failure.

In 1970 I started college and moved to Tennessee for my education. One day as I was driving to class my enemy rightfully accused me of my failure. And I again asked the Lord to forgive me. In 1973 I had been to classes, my junior year, and driving home I remembered January 1, 1968 and the enemy laughed at me for my failure.

I went to my apartment where Linda and I lived and laid on the couch. I know not that I was awake or asleep, but as I lay there remembering my failures of January 1, 1968, Jesus appeared right in front of me. And I immediately cried and told him I was so sorry for breaking his heart on January 1, 1968.

He said, Hum, Hum, as he stroked his beard, and he reached for the book of my life. I could see the tops of the pages, I could see the headings: 1961, 1962...etc. As he neared the end of 1967 my heart was broken because I knew that he was getting close to a terrible page in my life.

Finally, Jesus turned to the page for which I had long dreaded. He took his right hand and stroked his beard several times and said, Hum! I then had a fear come over me. I looked in His eyes and I wondered, I reached over and I touched the book and I pulled it down where I could see the whole page of January 1, 1968 and to my surprise it was totally clean! WHITE! Snow white!

There was not one blot of dirt or anything on that page. I said to Jesus, "I very clearly remember January 1, 1968. To which He replied to me, "Son, you asked forgiveness for that on that evening and I took my blood and I washed your black sin and made it white as snow and removed it as far as the East is from the West.

As far as I am concerned, you have been justified by the blood of the Lamb. I will never remember or recall any of the deeds of your life that is under the blood."

Before Jesus left, I said, "Jesus, I have one question to ask you. If you have removed this from my past, and it is very apparent that you have, why did you not remove this painful day of January 1, 1968 from my mind, my memory hurts me so bad?"

Jesus looked over his shoulder and said, "Son, while I have forgave you and forgotten your sin, if I removed this painful memory out of your mind, you would again fall into the same trap.

I love you so much that I have forgiven you, but I leave this scar to remind you that you need to live your life pleasing to me." With that, He said, "I love you and was gone."

I would like to have the last slide of verses put back on the screen for a moment. We have a lot to celebrate if we know Christ and are Christians.

Let's read this together:

¹¹ You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy ¹² that I might sing praises to You and not be silent. O LORD my God, I will give You thanks forever! Psalm 30:11-12 NLT

May we never be silent before God. May we always lift up our hearts and voices to Him!

Call/Response for end of sermon:

Lord, you have forgiven me.	I will not be silent.
You have healed me.	I will not be silent.
You have rescued me.	I will not be silent.
You've been kind to me.	I will not be silent.
You've shown me mercy.	I will not be silent.
You are always with me.	I will not be silent.
Your love never fails.	I will not be silent.
I will always give you thanks forever!	I will not be silent!

Prayer