

**Psalm 30:1-12 (NIV)**

<sup>1</sup>I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me.

<sup>2</sup>O LORD my God, I called to you for help and you healed me.

<sup>3</sup>O LORD, you brought me up from the grave; you spared me from going down into the pit.

<sup>4</sup>Sing to the LORD, you saints of his; praise his holy name.

<sup>5</sup>For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

<sup>6</sup>When I felt secure, I said, "I will never be shaken."

<sup>7</sup>O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.

<sup>8</sup>To you, O LORD, I called; to the Lord I cried for mercy:

<sup>9</sup>"What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?"

<sup>10</sup>Hear, O LORD, and be merciful to me; O LORD, be my help."

<sup>11</sup>You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

<sup>12</sup>that my heart may sing to you and not be silent. O LORD my God, I will give you thanks forever.

19-30-02-Tapping into Joy

hardships, suffering, rescue, help, prayer, joy, rejoicing, love

Psalm 30

Our earthly trials are temporary, but our joy lasts forever.

**INTRODUCTION: (Text, Psalm 30, as a Responsive Reading)**

–Persecuted *early Christians* used the Psalms as a *hymnal*. It probably led the suffering church to identify with the ups and downs sung about in them. Today, when we experience the emotional highs and lows of life, Psalm 30 and others have a special message for us: HOM.idea. –This applied to David, in writing Psalm 30, but even more to us, now that the One he sought help from is *living inside us* and we are *alive in Him*. In the midst of trying times, we *tap into joy* by *recalling* our close relationship with Christ. Remembering our union with Jesus, as we read Psalm 30, richly expands its application to our lives, first as we...

- I. Remember How Jesus Delivered Us– v.1-3, *I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me. O LORD my God, I called to you for help and you healed me. O LORD, you brought me up from the grave; you spared me from going down into the pit.***
- A. This Psalm’s preface introduces it as a song to be sung either for dedicating David’s “house” or the “temple” he wanted built. (Where we live and where we worship should be places of remembering.)
- B. These verses can remind us of conversion, when Jesus “lifted [us] out of the depths” of guilt. (We “called” and He “healed” by bringing us “up from the grave” of sin’s spiritual death through new birth.)
- C. But these verses can also apply to our ongoing testimonies of deliverance, when Jesus “lifted [us] out of the depths” of depression or anxiety. (He didn’t “let [our demonic] enemies gloat over [us]” but “spared [us] from going down into the pit” of hopeless despair.)

**TRANS: *But why do low times come? Is God angry at our failures to obey Him? Any anger God has is rooted in His love. Recalling times of His loving acts of deliverance causes us to identify with v.4-5. Sing to the LORD, you saints of his; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning. Our earthly trials are temporary, but our joy lasts forever. If we lose our joy, the first step we can take to tap back into it is to...***

**II. Remember That Joy Isn't Just a Feeling— v.6-7,** *When I felt secure, I said, "I will never be shaken." O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.*

- A. Overconfidence in "I will never be shaken" can set us up for a fall. (Emotions vacillate, a sense of security can change or be "shaken.")
1. God's favor isn't based on "my mountain stand[ing] firm." (He allows low points, spiritual battles, illnesses, infirmities, brushes with death, or the deathbed experience itself, not as signs of disfavor, but as occasions to tap into joy by faith in His changeless love.)
  2. Part of the human condition is being "dismayed" by a feeling even Jesus felt in His full humanity—that God hides His "face," letting us fend for ourselves. (At such times, we may echo what Jesus cried out from the Cross: "My God, why have You forsaken me?")
- B. We might do what David did, letting our feelings of abandonment become frantic pleading with God, not in unwavering faith but in anxious despair— v.8-9, *To you, O LORD, I called; to the Lord I cried for mercy: "What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?"*
1. Knowing little about resurrection, David argued from familiar OT concepts, trying desperately to convince God to deliver him.
  2. Our arguments can be similar, "Who'll run the committee, God? Who'll watch out for my spouse... who'll tend the rose garden... who'll keep church going... if You don't keep me in the picture?"

**TRANS:** *We can laugh at that, but God won't— Psa 103:13-14,* As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. *In His Fatherly care, God **does** listen, even if we pray in a panic— v.10,* "Hear, O LORD, and be merciful to me; O LORD, be my help." He **will** be our help, by helping us to remember who we are. We're His children! Our earthly trials are temporary, but God will make sure our joy lasts forever. We tap into that joy by forgetting to fret about our circumstances as we...

**III. Remember Our Source of Joy— v.11-12,** *You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O LORD my God, I will give you thanks forever.*

- A. Here's that quote again by [Lewis Smedes]: "If our joy is honest joy, it must somehow be congruous with human tragedy. This is the test of joy's integrity: is it compatible with pain?"] He's *right*, if the *joy* he's talking

- about comes from the God Who can turn our "wailing into dancing."
- B. Our painful "wailing" isn't just a response to tragic losses. (*Pain is the price of love, and the God of love, Whose image we bear, is grieved over human losses even more deeply than we are!*)
- C. God *removes our "sackcloth" and clothes us "with joy" only because He Himself has "honest joy... somehow... congruous with human tragedy," a joy "compatible with pain."* (How does that divine "somehow" work?)
1. To understand how we can have joy in times of pain, we must know how God has it, and the answer is His very nature as love!
  2. It's His love in Rom 5:5, "poured out in our hearts by the Holy Spirit"; it's His love, leading the list of "the fruit of the Spirit" in Gal 5:22, with "joy" listed exactly after "love"; it's His love in John 3:16, that "gave his one and only Son" to die for our sins; and it's the love of Jesus, "who for the joy set before him endured the cross" (Heb 12:2).

### **CONCLUSION:**

—Because His love is eternal, God took on our human flesh, entered this world of pain, and "endured" bodily torture, so we'd be able to tap into His joy, not just for time, but for eternity. Remember the love of God, remember the Cross of Christ, and remember what we learn in Psalm 30, that "weeping may remain for a night, but rejoicing comes in the morning." **Our earthly trials are temporary, but our joy lasts forever.**