

**Reflection Questions:** What am I thanking God for today? Am I praising Him with others? What does David pray for in *Psalms 30*? Am I praying in the same way? How does this psalm characterize my life? How can I live more faithfully, knowing God's favor is found there?

How can we pray for one another and our church this week?

### Quotes to Ponder

*The victorious Christian life is a series of new beginnings.*

George Morrison

*The time to discover God's favor through Jesus Christ is now, while it is still the day of God's grace.*

James Montgomery Boice

*In the intimacy of communion lies the secret of answered prayer.*

Tremper Longman III

*However much God may terrify and humble His faithful servants, with manifold signs of His displeasure, He always besprinkles them with the sweetness of His favor to moderate and assuage their grief.*

John Calvin

*Jesus's grief and suffering produced joy for both Him and us, and now, when we trust in Him during dark times, our sorrow can also produce the joy of increased faith and spiritual reality.*

Timothy Keller

*In God, "mourning" does not have the final say, but "morning" — joy comes with the morning. "Mourning" gives way to "morning."*

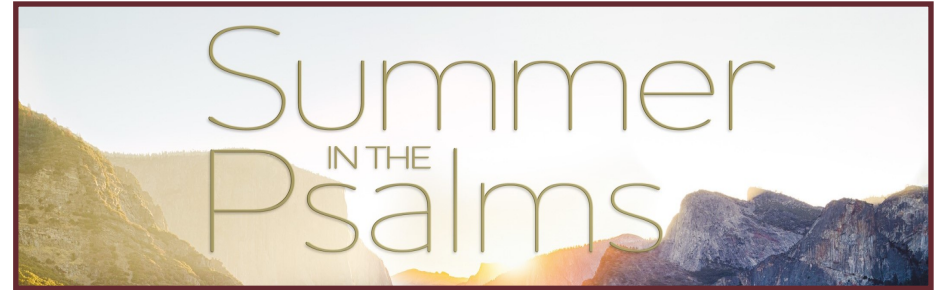
John Piper

*David knew wailing, but his testimony is that God's grace turns tears into songs.*

Mike Raiter

*The Bible reframes happiness for us by making it more complex. We tend to think of being happy or sad, but Scripture depicts a sort of happiness in the midst of sadness. In this life we will have trouble, but in this life we will have happiness. And this doesn't mean being on an emotional yo-yo (even though it will sometimes feel that way), but rather experiencing two things at once: one being the damage caused by sin and the other being the happiness given by God.*

Barnabas Piper



Psalm 30

*Sermon*  
*Notes*

July 4, 2021

1. A New Victory — From Death to Life (1-3)
2. A New Day — From Anger to Favor (4-5)
3. A New Heart — From Pride to Humility (6-10)
4. A New Song — From Mourning to Rejoicing (11-12)

1. What in the text/sermon impacted you most? Encouraged you? Convinced you? Challenged you? Confused you? Comforted you?

2. Compare David's prayer in *Psalms 30* with Hezekiah's prayer in *Isaiah 38:9-20* and Jonah's prayer in *Jonah 2:1-9*. What similarities do you see? Differences?

3. What contrasts does David give in *Psalms 30:5* and *11*?

4. What does it mean that God's *anger is but for a moment* but *His favor is for a lifetime* (*Psalms 30:5*)?

5. Read *Psalms 30:5* and *2 Corinthians 6:10*. Is joy found on the other side of suffering? Or is there joy in the midst of suffering? Explain.

6. What do the following verses teach about suffering and joy?

*Psalms 126:5-6* —

*Philippians 4:4* —

*John 16:20-22* —

*Hebrews 12:2* —

*Romans 5:3-5* —

*Revelation 21:3-4* —

*Romans 12:15* —

7. What was David's sin in *Psalms 30:6*? What was God's response (*Psalms 30:7*)?

8. What does God hiding His face mean (*Psalms 30:7*)? What do the following verses add to your understanding of this?

*Numbers 6:23-26* —

*Isaiah 54:7-8* —

*Deuteronomy 31:17-18* —

9. Is suffering always a sign of God's displeasure at our sin? Explain.

What do *Luke 13:1-5* and *John 9:1-3* add to your understanding of this topic?

10. How does David reason with God in his prayer (*Psalms 30:9*)? Why does David do this? Is it right for us to do the same? Explain

11. What is David thankful for in *Psalms 30*? How does he show it?

12. What do we learn of God and His attributes in *Psalms 30*?

13. Augustine, and others, have associated *Psalms 30* with Jesus' resurrection? Why? Is this appropriate? Explain.