

LESSON 16

# JOY COMES IN THE MORNING

## *Psalm 30*

*A Psalm of David. A song at the dedication of the temple.*

- <sup>1</sup>I will extol you, O LORD, for you have drawn me up  
and have not let my foes rejoice over me.
- <sup>2</sup>O LORD my God, I cried to you for help,  
and you have healed me.
- <sup>3</sup>O LORD, you have brought up my soul from Sheol;  
you restored me to life  
from among those who go down to the pit.
- <sup>4</sup>Sing praises to the LORD, O you his saints,  
and give thanks to his holy name.
- <sup>5</sup>For his anger is but for a moment,  
and his favor is for a lifetime.  
Weeping may tarry for the night,  
but joy comes with the morning.
- <sup>6</sup>As for me, I said in my prosperity,  
“I shall never be moved.”
- <sup>7</sup>you made my mountain stand strong;  
you hid your face;  
I was dismayed.
- <sup>8</sup>To you, O LORD, I cry,  
and to the Lord I plead for mercy:
- <sup>9</sup>“What profit is there in my death,  
if I go down to the pit?  
Will the dust praise you?  
Will it tell of your faithfulness?”
- <sup>10</sup>Hear, O LORD, and be merciful 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 clothed me with gladness,
- <sup>12</sup>that my glory may sing your praise and not be silent.  
O LORD my God, I will give thanks to you forever!

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## **WELCOME:** *Fixing Our Focus*

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Ask the group to look back at their lives and recount the times when God had shown his faithfulness to them. Ask each one to share the instance that had the most impact upon them.

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## **WORSHIP:** *Adoring Our God*

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Suggested songs:

*As High as the Heavens* by Marty Nystrom and Don Harris  
*O God Our Help in Ages Past* by William Croft

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## **WORD:** *Understanding the Word*

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*Lesson Aim:* Members will be able to identify ways God has been faithful in their lives and will tell others about these.

### **Introduction**

Have you ever been in a very tough situation where you felt like there's no hope? Or have you looked around lately and only saw frustrating and seemingly hopeless circumstances?

Our study today is considered a testimony about the God who saves and restores – the God who gives mercy, the God who doesn't just help in time of need but is man's very need. As the psalmist recounts God's mercies, he becomes drawn to God himself that his desire is for his life to praise his Lord forever.

*Leader:* Lead in reading Psalm 30 aloud together. Then read the paragraph on the "Key Verse."

*Key Verse:* The psalm begins with "I will extol you, O Lord..." (*v. 1*) and ends with the same attitude of worship with "O Lord my God, I will give thanks to you forever!" (*v. 12*). This proclamation of worship unravels the framework for the content of the psalm: God's merciful acts and favor.

### **Psalm 30:1-3. Theme:** \_\_\_\_\_

1. The psalm starts right away with praising God. Why is it important for the psalmist to start it that way?

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**“Sheol” is  
translated “the  
realm of the dead”  
in NIV.**

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2. David remembers five reasons that cause him to extol the Lord. List and describe each of these.
  
  
  
  
  
  
  
  
  
  
3. Discuss why each of these was important to David.
  
  
  
  
  
  
  
  
  
  
4. What is reflected in the relationship of the psalmist with God as he used the address, “O Lord, my God?”

*In the space above, write what you think is the theme of verses 1-3.*

**Psalm 30:4-7. Theme:** \_\_\_\_\_

5. The psalmist telling the saints to “give thanks to **his holy name**” indicates his personal experience of God’s forgiveness and restoration. How is this experience reflected in these verses?
  
  
  
  
  
  
  
  
  
  
6. Write down the contrasting words that we can find in these verses.  
v 5a: \_\_\_\_\_  
v 5a: \_\_\_\_\_  
v 5b: \_\_\_\_\_  
v 5b: \_\_\_\_\_  
vv 6-7: \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
7. What do these contrasting words communicate about who God is and the importance of his presence in the psalmist’s life?

*In the space above, write what you think is the theme of verses 4-7.*

**Psalm 30:8-12. Theme:** \_\_\_\_\_

8. The psalmist's reflection on God's holiness and favor helped him see his desperate situation and need of God. How is this desperation seen in these verses?
  
  
  
  
  
  
  
  
  
  
9. How does verse 9 relate to what it says in verse 1, "[you] have not let my foes rejoice over me?"

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**The "saints" are all those who are faithful to the Lord and are part of the covenant community.**

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10. David asks God to be his "helper" (v. 10). What does this mean? How similar or different is this from how Filipinos use the word "helper"?

11. How does the psalmist summarize what God has done (v. 11)? Explain the word pictures he used.
  
  
  
  
  
  
  
  
  
  
12. What was God's purpose for vindicating him (v. 12)? Whose glory was of utmost importance to him?

*In the space above, write what you think is the theme of verses 8-12.*

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**"Glory" (kabod) is translated as "heart." The word occurs in parallelism with "soul" (life) and frequently refers to the whole human being.**

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**Questions for Adults**

1. In what ways has the Lord been merciful to you this past week? Share these with your group members. Aside from your group, who else needs to hear about these?
2. How is David's confession of pride on his personal security speaking to you? In what area/s of your life do you need such kind of confession and repentance so you can be restored with your relationship with Jesus?
3. What are you pleading to God these days?
  - For family and friends
  - For GCF
  - For the global Church
  - For the Philippines
  - For the nations
4. Pray for GCF (Prayer requests supplied by the Leader).

**Questions for the Youth**

1. God is faithful. Most of the times however, people fail to recognize his faithfulness in their lives. The Israelites for example, kept complaining to God during their time in the wilderness despite all the care and provision given by God. Look back at the past week and list down three things which showed how God has been faithful to you during that time.
2. In what ways can you express your gratitude and thanks for God's faithfulness in your life?
3. How can you be more aware of God's faithfulness in your life? Commit to develop the habit of contemplating on God's faithfulness when you pray.

**Questions for Children**

1. There are many reasons to be thankful to God. Why should we give thanks to the Lord? List down some reasons why you are grateful to God today.
2. David experienced many sad and difficult moments in life. When we face trials, what should we remember from this Psalm?
3. David believed that God's favor is "for a lifetime" (v. 5). Favor means God's goodness or kindness. Pray that God's favor be on your family and school, our church and country.
4. Commit to pray to God and thank him for his blessings every morning and evening.