



Worship God

GROW Together

SERVE Others

Sundays Theme: Simple COMMUNION

Opening Prayer

Reading



Psalm 30 New International Version - UK (NIVUK)

A psalm. A song. For the dedication of the temple.^[1] Of David.

- ¹I will exalt you, LORD,
for you lifted me out of the depths
and did not let my enemies gloat over me.
- ²LORD my God, I called to you for help,
and you healed me.
- ³You, LORD, brought me up from the realm of the dead;
you spared me from going down to the pit.
- ⁴Sing the praises of the LORD, you his faithful people;
praise his holy name.
- ⁵For his anger lasts only a moment,
but his favour lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

⁶ When I felt secure, I said,
‘I shall never be shaken.’
⁷ LORD, when you favoured me,
you made my royal mountain^[c] stand firm;
but when you hid your face,
I was dismayed.
⁸ To you, LORD, I called;
to the Lord I cried for mercy:
⁹ ‘What is gained if I am silenced,
if I go down to the pit?
Will the dust praise you?
Will it proclaim your faithfulness?
¹⁰ Hear, LORD, and be merciful to me;
LORD, be my help.’
¹¹ You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
¹² that my heart may sing your praises and not be silent.
LORD my God, I will praise you for ever.

Footnotes:

- a. [Psalm 30:1](#) In Hebrew texts 30:1-12 is numbered 30:2-13.
- b. [Psalm 30:1](#) Title: Or *palace*
- c. [Psalm 30:7](#) That is, Mount Zion

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QUESTIONS:

1. **In Verses 1-3** David remembers five things that cause him to exalt the Lord. Can you think of two moments in your life when the Lord has helped you? Share these with the group.
 - a. Why would David’s sickness (one possible interpretation of David’s need) cause his enemies to ‘rejoice’ over him?

Questions to answer during “Break Out” groups

2. **In Verses 4-5** How do David’s “Praises” reflect his own personal, honest experience with God?
3. What “Praises” or songs of worship do we use in church that reflect your own experience of God?
4. From what you read in this Psalm what is Gods anger like? Likewise, what is his favour like? (what are the connections between “anger and weeping”, and “favour and joy”?)

If time, please consider the following questions. Otherwise take time on your own to reflect on your answers:

5. **In verse 6** what is David confessing? (why did God hide his face from David?)
6. **Verse 7**. Can you think of a time when you stood in your own strength, only to find that God hid his face from you in order to lead you into a greater dependence of him and his strength? How has that experience helped you as you continue your life journey withy God?
7. **Verse 8-9** describes David’s cry for help. David knew that as King he needed to live in such a way that the nation would receive God’s blessing and be drawn to Gods glory. In what ways does the way that you live your life help others experience God and his blessing thin theirs?

On returning together – please be prepared to share your responses to the questions you have been able to cover.

Final Question together:

8. As we look at Psalm 30 what does God want to teach us as individuals?
9. And what is his message to the whole of our Church?



CLOSE:

As you close take a moment to pray for one another and to give thanks to God for one another.

(Unless shown) All scriptures
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