



Brown Community Group

Discussion Guide

Psalm 30 – March 21, 2021

I. Starter Thoughts and Context:

Think back to times in the life of you family, friends or self whereby terrible illness or sickness was affecting you. What were your inner most feelings on why? What was your conversation with God during those time? Where you scared? Did you find it harder to Praise God or where you totally liberated and felt very close to God and his providence?

Today David with show us amazing examples of dealing with difficulty and how it affected his relationship with God.

II. Discussion of Scripture:

Psalm 30 was written by David for the dedication of the temple. However, David knew that he was not going to be alive when the temple was built. The details of this can be found in 2 Samuel Ch 7. This is a joyful poem of gratitude for the healing of a serious illness and the knowledge of God's providence over the whole experience. It begins and ends with a thanksgiving, includes the healing and an invitation for others to praise God. This serves as a public testimonial and worship.

A. PSALM 30: A Psalm of David. A song at the dedication of the temple.

1 I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. 2 O LORD my God, I cried to you for help, and you have healed me. 3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

Discussion:

- 1) What does the word extol mean? What is David "doing" with this?
- 2) What do the reasons provided in verses 1-3 say about his praise?
- 3) What does the reference of "brought my soul up from Sheol" mean to you? Was this a literal reference or some type of allegory about the depths of his feelings?
- 4) Think back to a time of miraculous healing of yourself, friends or family; someone describe your elation, relief and boundless joy? Did you attribute to God?

B. Verses 4-5

4 Sing praises to the LORD, O you his saints, and give thanks to his holy name. 5 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.

Discussion:

- 1) What is the primary truth about God that David reveals? What do you think causes God's anger against any person?
- 2) What does discipline and spiritual learning generally bring to ourselves? How do we generally feel during this process?

3) Must there always be weeping involved? What are the benefits through this process?

C. Verses 6-7

⁶As for me, I said in my prosperity, "I shall never be moved."⁷ By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.

Discussion:

- 1) What is the danger of prosperity that David eludes to in verses 6-7?
- 2) What are the detrimental effects that arise from us trying to claim control of our own lives or someone else's?
- 3) How do we always focus and not forget that God is in control and that our security rests in Him?

D. Verses 8-10

⁸To you, O LORD, I cry, and to the Lord I plead for mercy:⁹ "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?¹⁰ Hear, O LORD, and be merciful to me! O LORD, be my helper!"

Discussion:

- 1) In verse 9 is amazing; what are a couple of key eternal life questions being asked?
- 2) What reasons does he have reason to believe that God will respond favorably?
- 3) How do we then tie Questions 2 to the New Testament and message of Jesus Christ?
- 4) Can you think of another passage where the term helper is used? Read John 14:15-17

E. Verses 11-12

¹¹You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,¹² that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

Discussion:

- 1) Are these the same type of verses 4-5? Are there differences?
- 2) What is our normal humanly response if we have great turmoil and pain removed from our life? Can someone provide examples of having "mourning turned into dancing"?
- 3) Did this affect your praise for God? Should it have affected your praise?

III. Responding in Prayer:

The encouraging reminder for us as Christians today is, we know that even if this life throws the worst it has to offer at us, its ending will not be tragic. Joy and dancing are guaranteed by our Lord to be the final chapter. Let's spend some time today in prayer thanking and praising God for that fact and for the way in which he has guaranteed that outcome through our Lord Jesus. Let's also pray that he will draw more in our community and personal circles into this story and use us as lights to draw them in as He so desires.

"The most tragic strain in human existence lies in the fact that the pleasure which we find in the things of this life, however good that pleasure may be in itself, is always taken away from us. The things for which men strive hardly ever turn out to be as satisfying as they expected, and in the rare cases in which they do, sooner or later they are snatched away.... For the Christians, all those partial, broken

and fleeting perfections which he glimpses in the world around him, which wither in his grasp and are snatched away from him even while they wither, are found again, perfect, complete and lasting in the absolute beauty of God.”

— Randy Alcorn, Heaven