

Deliverance Turning

Psalms of David · Book I

"A Psalm. A Song for the Dedication of the Temple. By David."

PICTURE WORD

Dancing

IN ONE SENTENCE

*God lifts David from the pit and turns his mourning into dancing, because weeping lasts a night but joy comes.***Remember it:** Thirty: weeping for a night, dancing in the morning light.

MEMORY VERSE

For his anger is but for a moment. His favor
is for a lifetime. Weeping may stay for the
night, but joy comes in the morning.

Psalm 30:5 · World English Bible

HEBREW WORD

וְתִרְפְּאֵנִי

"and you healed me" · verse 2

In the Psalms: seven times, in 7 psalms

וְתִרְפְּאֵנִי means "and you healed me." The verb means to restore, mend, or make whole, and God names himself with it in Exodus 15:26: "I am the LORD who heals you." David's healing is the reason for the whole song.

HOW THE PSALM MOVES

- 1-3** David praises the LORD for healing him and lifting him up.
- 4-5** The saints are called to sing: joy comes in the morning.
- 6-10** David recalls his pride, his trouble, and his cry for mercy.
- 11-12** God turns mourning into dancing, so David will praise forever.

MY NOTES

**Listen.** Hear Psalm 30 sung in the **Psalm Song** app, or free at ispress.de/psalms/30.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

God lifts David from the pit and turns his _____ into _____, because weeping lasts a night but _____ comes.

CHECK YOURSELF

1. What did David say in his prosperity?

(A) "I shall never be moved."

(B) "I am the greatest king."

(C) "I need no one."

(D) "I will build a temple."

2. What happened when the LORD hid his face?

(A) David went to war

(B) David was troubled

(C) David fell asleep

(D) David wrote a song

3. What did God remove from David?

(A) His crown

(B) His sword

(C) His sackcloth

(D) His sandals

TALK IT OVER

1. What changed David from saying "I shall never be moved" to crying for mercy?

2. How does verse 5 describe the difference between God's anger and his favor?

3. Where have you seen God turn mourning into dancing in your life or someone else's?

IN YOUR OWN WORDS: WHAT DOES PSALM 30 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Answers: Blanks: mourning · dancing · joy · Check yourself: 1. A (v. 6) · 2. B (v. 7) · 3. C (v. 11)