

## Psalm 30 Bible Study Transcript

Hello, everyone. And welcome to our study of the Psalms. We are on Psalm 30.

[From Reading the Psalms with Luther] The 30<sup>th</sup> psalm is a psalm of thanks in which the psalmist gives thanks that God has redeemed him from the high spiritual afflictions of the devil, which are sadness, depression, terror, despair, doubt, the perils of death, and similar poisonous, fiery darts of the devil. Nevertheless, the psalmist knows he has the comfort that God is only angry for the blink of an eye and neither desires nor wills our death or distress but desires rather to see us live and be joyful. This psalm belongs in the Second Commandment and in the First Petition.

<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> By your favor, O LORD,  
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!

All right. So there's a lot of things that are going on here.

The idea that we are dealing with the realities of life, that there are times of mourning and weeping and just struggle. And sometimes where we feel like God has hid His face from us but we stand firm with the psalmist

in knowing that the Lord is the one that has drawn us up. And even though it might feel like God's wrath is against us for we sinned against Him or there is injustice in the world. We know that that will not last. That even going down to the pit, even dying, we have hope because we know that to live is Christ and to die is gain. And for all who call upon the name of the Lord, we have everlasting life in Christ. But there's a lot of trials and a lot of struggles that are headed our way I think. The society is turning ever more away from us but we need to remember that the favor of the Lord will make us strong. And that He will not hide His face from us forever. And while it may seem dreary, we can plead to God for mercy and we can trust that He will bring us out of it because He desires to hear our praise. He wants us to turn to Him and give thanks to Him for all good things. The devil, the world, and our own sinful nature have been there from the beginning and they've always fought against the will of God. And so we need to understand and hold fast, the understanding that God will turn our mourning into dancing. And He will loose our sackcloth, that we weep but we do not weep and mourn as those without hope. That because of sin in this world, we suffer but that suffering is not permanent and is not everlasting. It will only be but a moment. And I think we need to take this time also to remember to praise God for all the good and to be reminded of the good that God has given to us. Too often, we spend our time thinking only of the evil and the bad and the scary and the frustrating that has happened in our lives.

We need to take the time to praise God for the good, to remember that when we wake up in the morning, it is a blessed day that the Lord has given to us. This is the day that the Lord has made, let us rejoice and be glad in it, Scripture says. And so we do join in rejoicing every day for God's grace and mercy.

Let us pray.

Thanks to You, our Father in heaven, for the countless blessings You have bestowed on us from our childhood days. Thanks to You because You so often have been our Helper in spiritual and bodily need. As in the past, be with us in the future to give us a joyous heart, to uphold us in trials, to strengthen us in temptations, and to comfort us by Your Holy Spirit through Jesus Christ, our Savior. Amen.