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## **Lesson 18: Psalm 30**

### **Psalm 30**

**Author:** David

**Background:** Unknown

**Theme:** David composed this psalm for the dedication of the Temple; he praises the Lord for answering his prayer and rescuing him.

Outline (*The outline comes from Willmington's Outline Bible with additional notes from other resources as noted.*)

#### **I. DAVID'S TRIUMPHS (30:1-3)**

David praises God for victory over three things:

**A. Danger** (30:1): David's enemies did not triumph over him.

The verbal phrase "thou hast lifted me up" (KJV) is a metaphorical usage of a verb meaning "to draw up out of the water" (cf. Exod 2:16, 19). Like a bucket that was lowered down in a well and then raised to draw water up, so the Lord pulled the psalmist out of the grips of Sheol. Here the phrase means "you saved me."<sup>1</sup>

**B. Disease** (30:2): God restored David's health.

In verse two, the psalmist expresses intimate communion with the Lord. He calls God by his revealed name: "Yahweh my God," as if to say, "Yahweh, you are my God,

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<sup>1</sup> Gaebelein, F. E., VanGemern, W., Ross, A. P., Wright, J. S., & Kinlaw, D. F. (1991). *The Expositor's Bible Commentary, Volume 5: Psalms, Proverbs, Ecclesiastes, Song of Songs* (258). Grand Rapids, MI: Zondervan Publishing House.

and I lay claim on your promises to care for me as your child.”<sup>2</sup>

**Question: How can a child of God maintain intimate communion during times of sickness?**

C. **Death** (30:3): The Lord kept David from being killed.

**Question: Can you list below at least three things God has given you victory over?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Question: Can you pause now and, like David, praise God for your triumphs???**

## **II. DAVID’S TROUBLES (30:6–10)**

David recounts when he was overwhelmed and cried out to God. He allowed his prosperity to give him a faulty self-confidence (v.6). It sounds as if he was so blessed he assumed he’d never see bad days again (we see this in Psa. 10:6 also). He lost his intimate communion with God, the One who blessed him. We can never take our blessings for granted and assume we’ll never see hardship again. Give God glory for every blessing and trust Him to keep you in all circumstances!

The word “favor” (*rāṣôn* also found in v. 5) signifies a renewal of love, forgiveness, restoration, and blessing (cf. 106:4; Isa 60:10; 61:2).<sup>3</sup>

## **III. DAVID’S TESTIMONY (30:4–5, 11–12)**

The Lord effectually changed David’s wailing into dancing, mourning into joy, and a deathly cry into a song of joy (v. 11).<sup>4</sup> Because of the mercy of the Lord, David vows to continue in the praise of God.<sup>5</sup>

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<sup>2</sup> Gaebelein, F. E., VanGemern, W., Ross, A. P., Wright, J. S., & Kinlaw, D. F. (1991). *The Expositor's Bible Commentary, Volume 5: Psalms, Proverbs, Ecclesiastes, Song of Songs* (259). Grand Rapids, MI: Zondervan Publishing House.

<sup>3</sup> Gaebelein, F. E., VanGemern, W., Ross, A. P., Wright, J. S., & Kinlaw, D. F. (1991). *The Expositor's Bible Commentary, Volume 5: Psalms, Proverbs, Ecclesiastes, Song of Songs* (260). Grand Rapids, MI: Zondervan Publishing House.

<sup>4</sup> Gaebelein, F. E., VanGemern, W., Ross, A. P., Wright, J. S., & Kinlaw, D. F. (1991). *The Expositor's Bible Commentary, Volume 5: Psalms, Proverbs, Ecclesiastes, Song of Songs* (262). Grand Rapids, MI: Zondervan Publishing House.

<sup>5</sup> Gaebelein, F. E., VanGemern, W., Ross, A. P., Wright, J. S., & Kinlaw, D. F. (1991). *The Expositor's Bible Commentary, Volume 5: Psalms, Proverbs, Ecclesiastes, Song of Songs* (262). Grand Rapids, MI: Zondervan Publishing House.