

**Psalms: The Songs of the People of God**  
**Psalm 30: Great Deliverance Leads to Great Praise**  
Sunday, May 20, 2018

### **Introduction**

In Luke 7 we have the story of a prostitute who anoints the feet of Jesus with an expensive perfume. While the religious onlookers mock, Jesus tells them this: Those who are forgiven much love much (Luke 7:41-48).

In many ways Psalm 30 resembles the story of the woman of Luke 7. As David hits rock bottom he cries out to God and God answers. David's experience of great deliverance leads him to great praise.

### **David's Situation – The Need for Deliverance (30:6-7)**

- David's heart of pride – There was a time when David thought of himself as a self-made man. He was sure nothing could stop him (vs. 6).
- God's control over blessing and pain – As David looks back he is very aware that all of his blessings came from God alone (vs. 7a).
- God opposes the proud - For a time God allowed blessing, but then God withdrew his favor (hid his face) (vs. 7b) (Num. 6:24-26; 1 Peter 5:5).
- David's dismay – As God hid his face David spiraled into fear. He feared that his life was over and that his suffering would lead to death.

### **David's Prayer – A Cry for Mercy and Deliverance (30:8-10)**

- David's cry for mercy – As David hits the bottom he recognizes the sinfulness of his own heart and cries out to God for mercy (vs. 8, 10).
- David's case for mercy – David makes a case for why God should respond. He knows that God is jealous for His own glory, so he appeals to this desire for praise (vs. 9).

### **God's Answer – David is Delivered - (30:1-3)**

- While David's pain was significant, as he looks back he doesn't primarily see the pain. He starts the Psalm by praising God for the fullness of His rescuing power.
- David uses several word pictures to describe the depth and the length of God's salvation. He was drawn up, healed, brought up from the pit, and restored to life.
- **Application:** Until we recognize the depth of our deliverance we will never offer the depth of praise that God deserves.

### **David's Praise - He Calls for the People of God to Praise Him (30:4-5)**

- As David looks back and considers his deliverance he is overwhelmed and he can't keep it to himself - David calls the saints of God to praise.
- The Basis for the Praise – The Character of God.
  - God's Anger - God is just and he disciplines those whom He loves, but His discipline is purposeful and temporary (Heb. 12:10; Is. 54:4-8).
  - God's Favor - The favor of God is the display of His mercy, grace and compassion toward us, and it is never-ending.
- As David considers the character of God he points out a correlation between God's nature and our response (our emotions):
  - His anger and our weeping are temporary, but His favor and our joy are eternal. (Romans 8:18; 2 Corinthians 4:16-18).

### **David's Praise – A Personal Declaration of Praise to God (30:11-12)**

- His praise comes from a radical change in his life and he uses vivid imagery to describe the radical change he experienced – mourning to dancing, sackcloth to gladness (vs. 11)
- His praise cannot be contained or silenced (vs. 12).
- **Application:** Those who recognize the depth of their deliverance have the greatest response of praise. If you lack a sense of praise in your life it may be that you don't truly understand the depth of your salvation.

### **Further Implications:**

- Our God is just and will not let sin go unchecked - David was proud and God went to great lengths humble Him. We have a good Father and He will not let us remain comfortable in our sin. (Hebrews 12:7-11).
- Our God is merciful and will show mercy to those who repent and seek Him – If you are in a season of rebellion take heart, God is merciful and is pleased to show mercy (Isaiah 54:7-8; Nehemiah 9:17-19).
- While there will be times of suffering in this life, all suffering is temporary – He has not forgotten you, morning will come (1 Pet 1:6-7).
- There will be a day when all sorrow and pain are done away with and we will be welcomed into the joy of the Lord forever – Trust Him and accept the promise of future joy (John 16:19-22).