

# A Thanksgiving Psalm

## An Exposition of Psalm 30

The focus of this Psalm is on the LORD's favor (grace) dismantling self-confidence in order to regain His praise from His people. This Psalm relates the experience of David who had just escaped death by being delivered from a serious illness. His remarkable recovery produces joyful thanksgiving and causes him to reflect upon a lesson taken from his suffering (v.11-12). The LORD's strategy and purpose for dealing with pride and self-reliance is what we find in Psalm 30.

### DECLARATION OF PRAISE

V.1-3

The Psalmist begins with a declaration of intent to praise Yahweh and gives his reason behind this praise.

What he will do & why (notice the contrast)

WHAT: "I will extol you" v.1

"extol" – to lift up (see a word picture of this word in Ps. 27:5)

WHY: "for you have drawn me up"

"drawn up" – to be lifted up (see Proverbs 20:5)

My Healing v.2b

My Rescue v.3a

My Restoration v.3b

The big idea: Deliverance leads to praise

## INVITATION TO PRAISE

V.4-5

The Psalmist cannot keep praise to himself. He urges others to join him in it.

### “Sing praises to the LORD”

v.4

“O you his saints” – ones set apart by God for Himself (cf. Ps.4:3)

Two acts of worship

1. “sing” (cf. 27:6; 28:7; 30:12)
2. “give thanks” – to tell of His Name (cf. 138:2)

### “For his anger is...and His favor is...”

v.5

Here is an incentive for saints to enter into praise. This is intended as occasion for hope. Notice the contrast.

<u>Anger / moment</u>	<u>Favor / lifetime</u>
<u>Weeping / night (darkness)</u>	<u>Joy / morning (light)</u>

## EXPLANATION FOR PRAISE

v.6-12

The rest of the psalm gives an account of the process of change. Here we read a narrative of David’s downfall, deliverance & declaration. We notice the LORD’s strategy and goal in his merciful deliverance of His people.

### The LORD’s Strategy & Purpose

v.6-12

What the LORD does for cases of pride and self-confidence is set out in v.6-7.

### Case of self-confidence – “I shall never be moved.” (6)

He said this in prosperity. David is speaking out of a heart of self-trust / self-will/self-power seeking to exert control of his world. This is doomed to failure (cf. Ps. 10:2-6)

### The LORD’s Strategy

Verse 7 teases out the tension between real and a false sense of security.

Notice the contrast and its results between “Your favor” & “You hid your face”. The respective results are sobering!

“Hid your face” (7)

This phrase carries the idea of discipline or judgment over sin. Here he leaves David to face his sin without divine help or protection (see Dt.31:17-21; cf. also Ps. 13:1, 27:9, 44:24, 69:17, 88:14, 102:2, 104:29).

“I was dismayed” (7)

David sensed this displeasure. To be terrified or out of one’s senses is the connotation of the verb “was dismayed”.

“To You...I cry” (8)

The awareness of vulnerability leads to seeking the LORD’s mercy. And also notice the unusual way David makes his case for mercy in v.9.

“Will the dust praise You?” (9)

Find the three rhetorical questions. (see Supplement #3 for texts that talk about the *God’s passion for God’s glory* type of prayer) Notice the angle David takes to reach God’s heart for God’s response. He knows Isaiah 48:9-11 theology. He uses it in his prayer life (Similarly to Daniel’s request in exile; Dan. 9:15-19). Why the LORD will answer this prayer is found in what God’s purpose ultimately is (see Romans 11:33).

“Be merciful to me / be my helper” (10)

Notice David’s request. When pride is smashed humility cries out things like this. The LORD loves the broken and contrite (cf. Ps. 34:18; 51:17; Isa.57:15; Lk.15:22-24). Remember, there is no necessary tension between God’s passion for His glory and His compassion for our plight. They coalesce into a oneness that glorifies Him and gladdens us.

**The LORD’s Purpose**

**v.11-12**

Why the LORD answered David’s cry for help is spelled out in v.11-12. We must see that His mercies are ultimately Him. That is, in pursuing the goodness of His people the LORD pursues the glory of His name.

“You have...” (11)

Notice what the LORD did. He delivered David from a sickness that was leading to death. He healed him. He was merciful to Him. He answered his cry. Look for Hebrew parallelism.

“Turned for me my mourning into dancing”  
“Loosed my sackcloth and clothed me with gladness”

“that I will...” (12)

In response to the LORD’s mercy and help David will not be silent (see the contrast with v.9). Joy cannot keep quiet. And this joy extols the LORD.

## **Application of Psalm 30**

- ◆ How do I respond to prosperity? Do I forget the LORD and His favor in providing for me? Do I imagine that success came from my own doing? Do I simply assume the LORD’s favor and function in a self-confident way? Do we need God to take me down like He did Nebuchadnezzar?
- ◆ How practiced am I at reasoning with the LORD in my prayers? Can I see things from God’s perspective and present a case that makes sense in terms of the ultimate plan and glory of the LORD?
- ◆ Am I as expressive in my “dancing” as I am in my “mourning”? Do I let loose and sing praises with a spirit of gladness? Or am I calculated and self-conscious in my expressions of love and gratitude of Him?